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Food, Page 1C

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VOLUME 22, NUMBER 2

WEDNESDAY, JANUARY 7, 1997

FIFTY CENTS



Charles T. Parkinson stands in the Granite City post office Jan. 2 on the day of his retirement from the postal service. Family, friends and other well-wishers were present for his last day.

Final delivery

Postmaster retires after 36 years of service

By Scott Kelly
Staff writer

Neither rain nor snow keeps the postman away, but Charles T. Parkinson will now let someone else deliver the mail.

Parkinson, postmaster of Granite City, ZIP code 62040, retired from the postal service Jan. 2 after nearly 36 years of ensuring the mail arrived on time.

When asked about his fondest memory over the past 36 years, he said it was "achieving the goal I set in 1962 — making postmaster."

He began as a letter carrier in Granite City on April 2, 1962. He was promoted to supervisor of delivery in 1978. He worked in East St. Louis, Fairview Heights and became officer-in-charge of the Breese office three years later in December 1981.

His first postmaster's appointment came soon after in February 1982 at the Cottage Hills office. In September 1984 he became postmaster in Godfrey, where he also served as officer-in-charge at Collinsville, East St. Louis and Chesterfield, Mo. In November 1988, he became postmaster in Granite City.

"I'm proud of all the people promoted here," Parkinson said, referring to one of his main goals.

For example, some of the people who worked under him and were promoted to higher posts

"We did very well during (last year's UPS strike). We showed we could deliver their packages."

Charles T. Parkinson

include John Serlich, now in charge of rates and classification for the St. Louis district, and Rick Hooks, originally from Venice and now the East Alton postmaster.

Along the way, Parkinson was named Postmaster of the Year in 1994 for Illinois, and served as vice president of the National Association of Postmasters of the United States from 1994 through 1996.

During those years of service, the biggest change he's seen is in technology.

When he first started, all mail was handled manually. "Close to 80 percent is (now) bar coded by three machines," Parkinson said. "Now it all goes to St. Louis where it's faced and canceled." Facing mail means lining all the pieces

(See MAIL, Page 5A)

Maryville tops in median income

Granite City distant 145th in area

By Mary Brase
Telegraph staff writer

For a town that's sometimes left out of the picture, Maryville is basking in the limelight as the wealthiest ZIP code in the Metro East.

"We never get too much media attention. This is kind of exciting," Maryville Mayor Larry Gullege said.

His town of 3,204 residents popped up last week as No. 22 on the list of metropolitan Missouri and Illinois towns ranked by median household income with \$53,023. Maryville pushed Glen Carbon from the same spot on last year's list to No. 28 this year with a median household income of \$51,216.

"I'm not sure of the formula, but I know there's a lot of building going on in the \$150,000 to \$200,000 class. We

"We never get too much media attention. This is kind of exciting."

Larry Gullege
Maryville mayor

have a lot of young professionals with dual incomes. I think that has a lot to do with it," Gullege said.

"We have never even appeared in the top 50 before," he said, declining to take any credit for anything he could have done. "We're just lucky I guess."

The ranking is part of the Book of Lists published annually. (See INCOME, Page 8A)

Basic traits don't ensure success

Finding niche in teaching world can be difficult

By Mark Hodapp
Staff writer

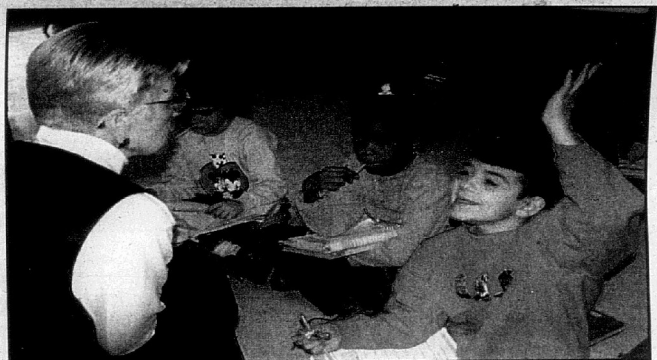
As Rosella Wamser sees it, there is one trait all teachers must possess.

"First and foremost, they must like kids," said Wamser, the assistant regional superintendent in the St. Clair Regional Superintendent's office.

Yet having that trait doesn't necessarily mean a teacher will succeed in the classroom. It also doesn't mean a teacher will get a job in the field after graduating from college.

That's particularly true at some schools in St. Clair County. For instance, Belleville District 118 receives over 400 applications annually.

"We never have been short of applicants in this district," District 118 Superintendent Jim Rosborg said. (See TEACHING, Page 8A)



Bobby Hall asks O'Fallon District 90 reading specialist Janice Cappelletti a question while Shannon Berry and Michele Lawrence ponder their reading.

Man charged with assault

By Scott Cousins
Staff writer

An East St. Louis man has been charged with aggravated assault after allegedly dragging and trying to run over his pregnant girlfriend with a car Sunday evening in Venice.

Chris A. Austin, 21, of the 2400 block of Missouri Avenue, East St. Louis, was charged with one count of aggravated assault. According to the warrant, he allegedly knew the victim was pregnant at the time of the incident.

Austin was arrested shortly after the incident occurred, and is in custody at the Madison County jail on \$25,000 bond.

The 18-year-old victim — who is eight weeks pregnant — was treated and released from St. Elizabeth Medical Center in Granite City. According to police reports she had been told to rest or she might lose the baby. (See ASSAULT, Page 8A)

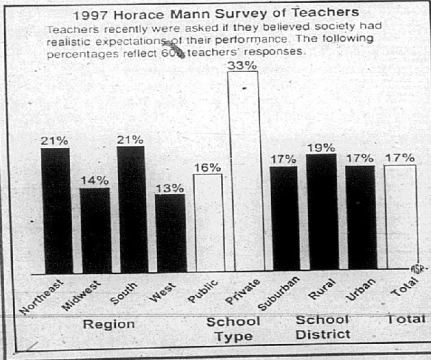
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John Fuller, Meteorologist, KSDK NewsChannel 5
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WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
44 28	40 31	38 30	37 26



Study: Teachers like their work

By Mark Hodapp
Staff writer

Even though 17 percent of the nation's teachers feel society's expectations of them are realistic, a new survey shows 73 percent of the teachers say they overwhelmingly would choose teaching if they began their careers today.

These findings, along with others, are part of a recent study of educator attitudes compiled by Horace Mann Educators Corporation.

The survey of 600 K-12 classroom teachers measured teachers' opinions about their quality of life, including such issues as society's expectations, the importance of community respect, evaluating their career choice and their feelings of fulfillment.

The teachers' responses showed that experience is a key factor in determining career satisfaction. Teachers with 20 or more years of experience were about 10 percent less likely to make the same career choice than those with less teaching experience.

(See STUDY, Page 8A)

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Law means ATMs must be up front

By Kimberly Haas
Staff writer

As of Jan. 1, automated teller machine vendors will be required to give consumers information about fees that may apply when withdrawing their cash from ATMs.

Illinois State Treasurer Judy

Baer Topinka initiated the law which forces vendors to give information about applicable fees when withdrawing their cash, allowing the cancellation of transactions if the consumer decides to do so.

"ATMs are a great benefit to the citizens of Illinois, but there should never be any con-

fusion about how much people are being charged for using them. I certainly don't want any surprises when I open my bank statement and I assume most people would agree with me," Topinka said in a written statement.

"Plus, disclosure allows consumers to make an informed

decision about their financial affairs," she continued. "If they feel they're being charged too much, they can take their business elsewhere. That's what the free marketplace is all about."

In addition, the law forbids ATM vendors from printing consumers' bank account numbers on ATM receipts. The additional legislation is an effort to deter criminals from using the account information for illegal access to an individual's bank account.

Humane Society just hopes to survive 1998

By Nicole Vaughn
Staff writer

Madison County Humane Society officials said they not only hope that 1998 will be a better year for the Collinsville shelter but that there will be a Collinsville shelter in 1998.

MCHS officials hope that lessening their request for financial aid from the city can help make that happen. Ledy VanKavage, an MCHS board member, said her group was "anxiously awaiting" word from the Collinsville City Council on a request for financial assistance made in October. That's when the group sought \$30,000 in assistance from the city in order to operate the Collinsville shelter after the current contract expires Feb. 2.

(See SOCIETY, Page 4A)

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NEWS BRIEFS

Granite City

INJURED WOMAN GOES HOME: A South Roxana woman injured in a fiery crash Friday on Highway 111 was discharged Sunday from St. Elizabeth Medical Center.

Christine Woolsey, 28, was listed in critical condition when admitted to the hospital.

The accident, which occurred at about 8:40 a.m. Friday, killed Norma L. Schor, 69, of Moro. She was pronounced dead at the scene. Police said Schor's pickup truck slammed into a tractor-trailer rig

that had jackknifed near the new Dial Corp. warehouse. Woolsey's car then struck Schor's pickup.

The driver of the tractor trailer, John Carroll, 41, of Shattuc, escaped injury.

Woolsey was pulled from her car by another truck driver at the scene.

The Illinois State Police and the Edwardsville Police Department are investigating the crash.

An accident reconstructionist with the Illinois State Police is evaluating the incident.

Madison

MONEY AUTHORIZED: The City Council approved a resolution last week authorizing money from the city's general fund to be used to pay for several projects in the tax increment financing district.

The projects include sewer and water improvements and would be paid back to the general fund when TIF funds become available.

In other business, the council approved the hiring of Willie Petty, and the hiring of Skokko as Street Department workers.

City approves new BOCA code

By Scott Cousins
Staff writer

An ordinance adopting the 1996 BOCA code was approved by the Madison City Council on Dec. 30 after much change to the building permit fee structure.

The Building Officials and Code Administrators National Building Code is the standard for most communities.

The city had been operating under the 1993 BOCA code.

Most of the discussion centered on the cost of inspection for occupancy permits for residential property, and fees for temporary utility permits.

The cost of an inspection for a residential occupancy permit will be \$10 for a furnished unit and \$100 for units "otherwise furnished and occupied."

That fee will include the initial and final inspection.

MADISON

Any additional inspections will cost \$20. An official inspection would involve a follow-up letter from the city's building inspector. No fee would be charged for a simple consultation.

Alderman Steve Hampsey said charging for each additional inspection will cut down on the work for the building inspector.

"Charge them \$20 for each inspection, that way they won't be calling until they're ready," he said.

The council also decided on a \$15 fee for a "temporary occupancy permit" that would allow property owners to connect electrical service to allow work on the property.

The permits have been

issued as temporary occupancy permits, but city officials pointed out that while work can be done on the property, it cannot be occupied under the temporary permit.

There was also some discussion on fees for commercial and industrial signs and billboards.

A fee of \$25 for the first 25 square feet and 25 cents per each additional square foot or \$2 for each \$1,000 in value — whichever is more — was approved.

City Attorney Casper Ngho-hossian said that because of the development near the racetrack, it is expected that some large or very expensive signs will be put up.

The permit applicant pay for any costs of specialists needed to perform inspections. The ordinance will take effect Feb. 1.

Results

(Continued from Page 2A)

City workers at Lambert have to live in St. Louis, so move the airport into the city, or at least build a couple of runways in the city, give that 2004 bunch something to really brag about. Better than a golf course.

Francis Coleman
St. Ann, 63074

I believe it is a mistake. To take that large number of homes is dreadful. All very

expensive and there surely is another way.

Frances Warmbed
63130

With a big new airport no one's using right across the river, why should Lambert be expanded?

Sara Moore
University City, 63130

The city will need the expansion at the airport to assure progress in St. Louis Area. It is worth the cost, regardless of the use of MidAmerica Airport.

Elizabeth Edede
Crestwood

a second airport at Scott Air Base and will take all large airlines. Why such a hurry?

Joe Joyce
Crestwood

The airport must expand. Having the airport 10 minutes away is as essential to my business as others I know. I have participated in the study for the county, and planes will not be noisier. I hope Bridge-ton doesn't drag us in an expensive, non-winning lawsuit.

Ann Watkins
63091

Since the S-1 plan is admittedly more "operational" why are we (area) allowing 1,900 homes to be pillaged? It should be illegal, it isn't already. Let's utilize Mid-America more. I've lost all respect for (St. Louis Mayor Clarence) Harmon and Lambert.

Muriel Noel
Florissant

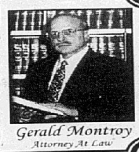
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Lynn A. Cunningham, M.D.
Director of Clinical Research

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HEALTH NEWS

Subtle changes occur in pregnancy hospitalization

By Mark Hodapp
Staff writer

Natural childbirth without complications among adolescent females remained the No. 1 reason for hospitalization even though the number of overall teen births in Illinois declined in 1996.

According to a study recently completed by the Illinois Health Care Cost Containment Council, pregnancy, childbirth and the six-week period following delivery still make up nine of the 20 top reasons for hospitalization of adolescent females in Illinois.

"These types of care consistently rank high in our surveys," council executive director Joseph Bonafante said. "Even though this is not a new trend, it is still alarming to find pregnancy and childbirth among the top reasons."

Among the nine pregnancy/birth-related hospitalizations alone, births by teenage mothers accounted for 34,140 discharges and more than \$156 million in total hospital charges in 1996.

There were 29,901 childbirth discharges among teenage mothers in 1996, a 5.1 percent drop from 1995 when there were 31,509 discharges. Overall Cesarean-section births

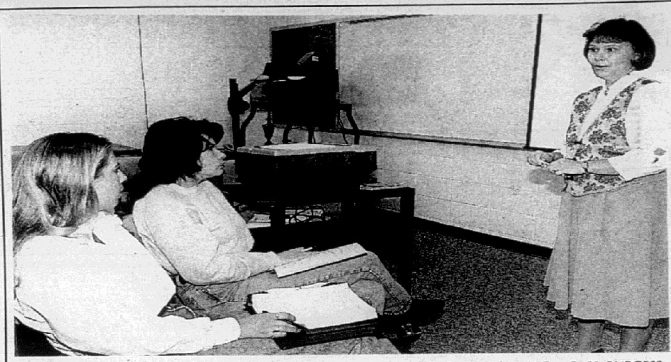
accounted for 14.1 percent of the 1996 total, a slight decrease from 1995 when the rate was 17.7 percent, according to the IHCCC.

Average charges for all childbirths in 1996 were \$4,683, a 9.2 percent increase from 1995 when average charges were \$4,254. The average charges for a Cesarean-section hospitalization proved to be the most costly with a \$11,630 charge, a 11.1 percent increase from 1995.

While vaginal delivery without complicating diagnoses remains the No. 1 hospitalization among teenage girls, psychoses ranks second in the council's survey.

For all teen female hospitalizations, vaginal deliveries without complicating diagnoses ranks first in discharges with 22,427, a slight decrease from 1995 when there were 23,781. The average length of stay, 1.7 days, held the same in 1995 and 1996. Yet, the average charge went up \$3,293 in 1995 to \$3,667 in 1996.

The highest average charges in Cesarean-section with complication with a charge of \$11,630. In 1995, the average charge was \$10,459. The average length of stay changed minimally between 1995 and 1996 (4.6 days in 1995 and 4.5 days in 1996).



BAC photo by LINDA GASS BURGESS

Healthy information

Kelly Ward of Collinsville, left, and Christina Grindstaff of Granite City, listen to Kathy Albers, admissions evaluator at Belleville Area College, during an Allied Health workshop held recently at the college's Granite City Campus. The workshops provide information regarding the admissions process for the numerous Allied health programs offered by BAC. For more information, call the college at 235-2700, or (800) BAC-5131, and ask for extensions 355, 541 or 542.

Pregnant women must avoid harmful substances

During pregnancy, women have many questions about what substances may harm the developing fetus.

Teratogens are agents that can cause birth defects when a woman is exposed to them during pregnancy. Other substances such as tobacco, alcohol and illegal drugs are harmful.

Drugs and Alcohol — Most pregnant women know that illegal drugs, such as cocaine or heroin, are harmful to a developing fetus. Yet too many

pregnant women still smoke cigarettes or drink alcohol.

The more alcohol a woman drinks during pregnancy, the greater the risk to the fetus. Smoking also should be avoided, because it raises the risk for a number of health problems for you and the fetus.

Workplace Hazards — A workplace may be hazardous because it exposes the mother to physical risks or because it exposes the fetus to teratogens.

Medications — Always talk to your doctor before taking

any drug during pregnancy, whether it's prescription or over-the-counter.

If you are currently on medication for a chronic medical condition, do not stop or change your dosage until you have talked with your doctor.

Hair Dye and Caffeine — It's OK to color or perm your hair when you're pregnant. There are no conclusive data on caffeine's effects during pregnancy. To err on the safe side, it's worth trying to minimize this stimulant found in coffee, tea or colas.

Teen mothers put babies at risk

By Mark Hodapp
Staff writer

A baby born to a teenage mother is more at risk than a baby born to an older mother, according to the March of Dimes Defects Foundation.

• Nine percent of teenage girls have low birth weight babies (under 5.5 percent), compared to 7 percent of all mothers nationally.

• Low birth weight babies may have organs that are not fully developed. This can lead to lung problems, respiratory distress syndrome, or bleeding in the brain.

• Low birth weight babies

are 40 times more likely to die in their first month of life than normal-weight babies.

There are also several consequences of teenage pregnancy, according to the March of Dimes.

• One in three teen mothers drops out of high school.

• Teens too often have poor eating habits, and may smoke, drink alcohol and take drugs, increasing the risk that their babies will be born with health problems.

• Pregnant teens are least likely to get prenatal care, which can lead to early and regular prenatal care.

• A teenage mother is more

at risk of pregnancy complications such as premature or prolonged labor, anemia and high blood pressure. These risks are even greater for teens who are less than 15 years old.

• Three million teens are affected by sexually transmitted diseases annually, out of the 12 million cases reported.

These include chlamydia (which can cause sterility), syphilis (which can cause blindness, deafness and death to the infant), and AIDS, which is fatal to the mother and can infect the infant.

SEMC volunteer finds medical work rewarding

There's nothing better than going home after work, putting on your housecoat, propping up your feet and having a fuzzy novel while watching a red-hot Harlequin romance novel. At least that's what Elsie Staggs, who recently celebrated her 92nd birthday, calls relaxation.

Staggs, a lifelong resident of Granite City, has been a volunteer at St. Elizabeth Medical Center in Granite City for 21 years.

"Before I came here I worked as a typist in the procurement office at the depot (Melvin Price Center)," Staggs said. "Before that, you name it, I did it. After my husband Clarence died in 1965 I even worked on a saw where the men would feed in big logs to make boards to build pallets for shipping things to Vietnam."

According to Staggs, she began volunteering at the medical center because she did not like staying at home.

"I get so much therapy out

of volunteering," she said. "First I get my physical therapy. Then I get my mental and philosophical therapy. And then I get my spiritual therapy."

During her time at St. Elizabeth's, Staggs worked in various areas from child care to the information desk and has influenced many.

"When I first came here, I just wanted to be a volunteer and get out of the house," said Joyce Epperson, director of volunteer services at the medical center.

"Elsie Staggs worked in various areas from child care to the information desk and later talked me into applying for the position of director of volunteers. She kept nagging me until I did it."

Coordinator of Volunteer Services Joan Roberts has also been trained by Staggs.

"Elsie has taught me to have optimism," Roberts said. "She has taught me how to age in a really, really positive way and she has taught me

that you have to have a good attitude."

What makes Staggs continue working when she has obviously earned the right to relax and enjoy retirement?

"The best thing about volunteering here is that I enjoy everything I do," Staggs said. "Whatever they ask. That's why I work here. I've met so many good friends, so many people that I love and hope they love me back."

Although Staggs has given up her fuzzy novels, she still

enjoys reading romance novels.

"I also have one of the hand poker machines. It helps pass the time real good and I read my Bible every day," Staggs said. "I watch TV. I have one soap opera I watch, *The Young and the Restless*, but it's dumb. I'm gonna quit watching it."

As fellow volunteer Pat Konzen recently remarked about Staggs, "She is something Elsie."

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Class meets daily, 9 a.m.-12:50 p.m., until Feb. 6.

Cahokia Goodwill Career Center, 1040 Camp Jackson Road
Register Monday, Jan. 12, 9 a.m., Career Center Lobby
Class meets daily, 9 a.m.-12:50 p.m., until Feb. 6.

Centerville City Hall, 5800 Bond Avenue
Register Monday, Jan. 12, 11 a.m., City Hall Lobby
Class meets daily 11 a.m.-2:50 p.m., until Feb. 6.

Granite City Campus, 4950 Maryville Road
Register Tuesday, Jan. 20, 9 a.m., Cafeteria
Class meets daily, 9 a.m.-12:50 p.m., until Feb. 13.

Red Bud Campus, 500 West South Fourth Street
Register Monday, Jan. 26, 9 a.m., Room 102
Class meets 9-11:50 a.m., Mon. & Wed., until March 25.

NIGHT CLASSES

Belleville Campus, 2500 Carlyle Avenue
Register Thursday, Jan. 15, 6:30 p.m., Varsity Gym Lobby
Class meets 6:30-9:20 p.m., Tues. & Thurs., until March 12.

Granite City Campus, 4950 Maryville Road
Register Thursday, Jan. 15, 6:30 p.m., Cafeteria
Class meets 6:30-9:20 p.m., Tues. & Thurs., until March 12.

Cahokia High School, 800 Range Lane
Register Thursday, Jan. 15, 6:30 p.m., Library
Class meets 6:30-9:20 p.m., Tues. & Thurs., until March 12.

For information, call BAC at 235-2700, ext. 525 - or toll-free in Illinois, at 1-800-BAC-5131, ext. 525.

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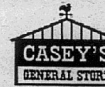


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BAC photo by LINDA GASS BURGESS

Endowment recipients

Belleville Area College students Carrie Toth of Granite City, left, and Kim Sodam of Collinsville, are the 1997-98 recipients of the Herbert D. Forsyth Endowment scholarship, awarded through the Belleville Area College Foundation. The scholarship is awarded to returning adult students who have completed at least 16 hours at BAC. For information on foundation scholarships, call the foundation office at (800) BAC-5131, ext. 215.

Grant sources are available for students

With the college application season in full swing, families are now facing the dilemma of how to pay for tuition, room and board, textbooks, lab fees and other expenses.

There are nearly 400,000 scholarship and grant sources now available to help students pay for college costs. More than 90 percent of these scholarships do not depend on fami-

ly need or high grades but are awarded based on factors such as the student's interests, activities, field of study, age, ethnic background or parent's work or military service.

Through the resources of the National Academic Funding Advisory, an updated and expanded publication for 1998 is available that provides important information for all

students seeking financial assistance, how to use the new tax changes to save money on your educational expenses and where to secure direct scholarship money. For information, send a self-addressed, double-stamped envelope plus \$2 to cover handling to the National Academic Funding Advisory, 188 Summer St., Dept. M1, Portsmouth, N.H. 03801.

Professor to receive award

By Paul Mackie
Telegraph staff writer

As a professor of historical studies at SIUE, Shirley Portwood knows it's not always easy to talk about certain issues that probably should be addressed in class.

But even if it sometimes brings negative evaluations from students, she talks about these issues anyway. Outside the classroom, she's been active in community efforts to recover and highlight Black American history in the region.

For her efforts both at Southern Illinois University at Edwardsville and in the community, Portwood will receive the 1998 Martin Luther King Jr. Humanitarian Award in the Meridian Ballroom at the University Center on Jan. 22.

"This award is given each year to someone in the university community whose ideals are consistent with those of Martin Luther King Jr.," she said. "I find the award very flattering because I hadn't ever thought of it in terms of humanitarian work before."

"She has dedicated her life to empowering students to deal with the future and ending people with their history," said Wayne Santoni, chairman of the Historical Studies Department, who nominated Portwood for the award. "As a teacher, mentor and role model, she has played a crucial role in producing a generation of educated and informed African-American graduates."

Portwood believes that it's best to teach history so that students will enjoy class. She

"She has dedicated her life to empowering students to deal with the future and ending people with their history."

Wayne Santoni
department chairman

said most of her students don't think of rural areas having a history because big cities usually get all the attention. More so, students often say to her, "I never thought of myself as having a history."

Typical assignments for students in Portwood's classes include interviewing people about their life, which is a measure of social distance, Portwood said. "The people they interviewed had very racist viewpoints, but they concluded that most of these people didn't know anyone who was black. They found out that there was no social contact (between the races). But if they did have contact, it was in a very broad context."

Often, she said, these older white people think relations always have been good but that they're worse now because they're about it a lot more in the news media. "My perception is that white students were more comfortable talking about race (when I was a student) in 1972 than they are now because those students recognized a lot of social injustices. Today, some white students convince themselves race isn't a big problem anymore and wonder why we keep talking about it," Portwood said.

Portwood grew up in the rural Southern Illinois town of Mounds, which is near Cairo. She received her master's degree from SIUE and her doctorate from Washington University in St. Louis. Her dissertation was on rural African-American history based on research from Pulaski County, where she grew up.

After teaching for nine years at St. Louis Community College at Forest Park, she was hired to teach full-time at SIUE.

Portwood assisted Edwardsville's civil rights leader Herman Shaw in changing a history mural on the wall of Edwardsville City Hall in the mid-1980s.

"(The mural) had a black figure in it that just didn't seem to fit in. It was almost like a joke. We wanted to modify the figure's ear-to-ear smile and turned it into a serious expression. The *Intelligencer* had written an article about how it represented how (former Illinois) Gov. Edward Coles had freed his slaves and given them land," Portwood said.

But he was a federal land agent in Edwardsville," Portwood said about Coles, the state's second governor. "The common misconception was that people thought he had given the freed slaves his own land, but it was government property."

While a lot of white people didn't see the problem, the figure represented someone who had freed black people. It didn't even represent black people. Gov. Coles was not heroic. He had slaves for 12 years before he ever freed them. The Ayatollah held U.S. hostages in Iran, and we didn't see him as heroic when he set them free."

Portwood is researching the history of Alton's schools, which were desegregated from 1872 until 1897. However, segregation came back into the city from 1897 until the early 1950s.

"It's uncharacteristic of this area that Alton had integrated schools in the 19th century," Portwood said. "The main reason for segregating the schools in 1897 was extreme racism on the part of the City Council, the mayor and the school board, supported by the racist white community. The School Board flat-out denied that the schools were segregated for (the next) 11 years."

Portwood hopes to shed more light on the little-known desegregation of late 19th century Alton when her research is complete.

She will be honored with the Humanitarian Award at 11:30 a.m. on Jan. 22 during a luncheon celebrating King's birthday.

College to offer advanced welding classes

Belleville Area College's Industrial Training Center will offer a five-week advanced welding course twice during the 1998 spring semester at the college's Granite City Campus.

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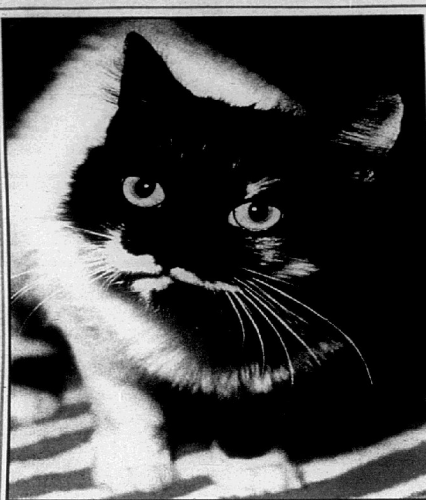
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Staff photo by JOHN SWISTAK JR.

Pet of the week

This 1-year-old female domestic long hair is among many homeless animals available for adoption from the Madison County Humane Society, Collinsville Shelter. She is very sweet but best as an only pet. To adopt Bear, (Kennel C-513) apply in person at the shelter, 2903 Simpson Place, or call 344-0109. Shelter hours are 11 a.m. to 5:45 p.m. Monday through Friday.

Income

(Continued from Page 1A)
by the St. Louis Business Journal.

Ladue, Mo., led the list with a median household income of \$101,887, up from \$87,830 a year ago but still in first place. One-third of Ladue's households earn more than \$150,000 this year, compared with 30 percent last year, but the population dropped from 9,130 to 8,826.

Just 3 percent of Maryville households hit the \$150,000 mark, a little less than Glen Carbon's 2.3 percent with a population of 8,353.

The Granite City area did not fare as well on the survey. Granite City came in at 145, with a median household income of \$34,018. Madison and Venice came in lower. Madison

is at 173 with a median income of \$22,736 and Venice ranked 183 with a median income of \$17,283.

Jim Pennekamp, executive director of Leadership Council, Southwestern Illinois, said it was clear the wealthiest ZIP codes from Glen Carbon, O'Fallon were all growth-oriented areas with new housing. He was less concerned with who came out on top than with the list's inclusion of Illinois communities.

"Our interest has always been in trying to ensure that Illinois is considered when the list comes out. Illinois is very much a residential living option for people in the metropolitan area."

In the newest list, Illinois has eight communities in the top 50, representing 16 percent

Teaching

(Continued from Page 1A)

But Rosborg said the people who either student teach or substitute have a better chance of getting a job.

Rosborg said he also believes it's important to have "a good combination of chiefs and Indians" as teachers.

"If you have too many chiefs, they tell everybody what to do, and nothing (gets) done," Rosborg said.

While there is some natural attrition in the field because of teachers retiring and others changing jobs, there is not a lot of job turnover, at least in St. Clair County Schools.

"I can't put a percentage on that, but it's not a massive

number," Wamsler said.

There are currently 3,074 teachers employed in the county's 27 public schools and roughly 500 teachers employed in the non-public schools.

So what happens to the students who annually graduate with education degrees? And are these students prepared to enter a field which some people feel is changing because of society's expectations of schools today?

Gary Hull, the dean of the education department at SIUE, said 85 percent of his college's graduates, which traditionally ranges from 450-500 students per year, are placed in the field.

Study

(Continued from Page 1A)

Teachers with fewer than 10 years experience were about 11 percent more likely to stay with their decision to teach.

The main reasons why teachers would enter the profession included love and fun working with children; helping children learn and find answers; giving children all the support they can get; enjoy teaching; like the job and think teaching is a good profession.

A majority (73 percent) of teachers maintained that their career expectations have been

fulfilled. Suburban teachers, believing they are asked to play more of a parental role, experienced a greater sense of career fulfillment than their urban and rural counterparts by 10 percent.

Nearly all teachers (98 percent) said their desire to help students and 94 percent said students remained significantly important to them.

Although most teachers are happy teaching, according to the survey, 17 percent said the society's expectations are real-

istic. "We feel that is high," he said.

Hull pointed out that the regional need for teachers also may be different than the statewide and national statistics. According to the state statistics, there currently are 1.1 teachers being prepared for every teaching job available in Illinois, Hull said. Nationally, that ratio is one to one.

But like most careers, there are some teaching jobs that are in more demand than others. For instance, there currently is a shortage in special education teachers and teachers who can teach English as a second language, Wamsler said.

On the other hand, there

continues to be an overabundance of history teachers.

"That's an area that has always been overcrowded," Hull said. "I remember that being overcrowded in the 1960s."

Rudy Wilson, an associate education professor at SIUE, said he believes teachers are better prepared today.

Wilson, however, believes society pressures often times make the education career difficult. As a result, teachers need to have critical thinking and psychology skills, he said. "Teachers have to be able to teach more than just the three R's today," Wilson said.

The study also showed significant differences in attitudes between private and public school teachers, and among urban, suburban and rural teachers.

Teachers perceived being less valued today primarily due to changes in society which have led to shifts in attitudes towards teachers, a lack of respect toward the teaching profession and the belief that teachers are expected to take more parental support in the classroom.

Assault

(Continued from Page 1A)

the baby. According to police, at approximately 6 p.m. officers responded to a report of a woman being struck by a vehicle in the 1200 block of Oriole. When they arrived, they found the victim lying on the kitchen floor of her home.

She had allegedly been struck on her left thigh and

leg. The victim told police that she had been talking to Austin after police had left the area on an earlier neighborhood domestic disturbance when he said he was leaving. He then allegedly pulled away while she was still holding on to the car, a 1991 Pontiac, striking her. She said he then attempted to run her over.

of the list. "We're there, and we're represented. That's the message being sent to the St. Louis metropolitan area," Pennekamp said.

Glen Carbon Trustee Ben Maliszewski said he was pleased with the village's standing, which reflects a

broad base of housing for all levels. A recent change in the 62034 ZIP code area also could account for some of the changes, he said.

"I think we're geared more toward the median than the higher incomes, based on recent building permit applications, but we're very pleased."

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SPORTS

Granite City Journal

Section B

Wednesday, January 7, 1998

All-Journal
Class A football
Coming SundayUpdated standings
for prep sports

Page 2B

Art
VoellingerMiskell enjoys
winning ways at
Northern Iowa

In her first three years at Northern Iowa University, 6-foot center Adrienne Miskell got a taste of losing more than winning in the form of records of 4-22, 7-20 and 16-1.

No wonder, then, why the former O'Fallon High School scoring and rebounding single-game record-holder (40 points and 19 rebounds in a game) can cherish the 6-2 record posted thus far by the Panthers, entering Missouri Valley Conference action.

Prior to her senior season, Miskell, a management information systems major, said, "My goal for the season was to contribute in all areas to establish a new tradition in UNI women's basketball." Her contributions? How about 10 rebounds in a season-opening victory against Northern Illinois, which later lost again to Northern Iowa in a 10-point Miskell effort?

One of nine Panthers with double figures in minutes played per game, Miskell had a 4.5 scoring average by early January, although she has career highs of 24 points versus Weber State in 1996 and 11 rebounds versus Wisconsin-Milwaukee in '97.

Nicknamed "A," Adrienne will make one final trip from Cedar Falls, Iowa, to southern Illinois when NIU visits SIU-Carbondale at 2 p.m. on Sunday, Feb. 15.

Overtime Illinois State University football fans had better get ready for plenty of passing. Not only have the Redbirds signed Tuscola High all-state quarterback Dusty Burk, they already have Kevin Glenn.

Try these numbers: Burk set state records by completing 262 of 459 passes for 4,100 yards and 48 touchdowns last season. He also ran for 1,100 yards and 22 touchdowns from his shotgun position during a 10-2 record that concluded in the state Class A quarterfinals.

Meanwhile, Glenn passed for 2,265 yards as a freshman while ISU was posting a 3-6 record. Among his favorite targets was 6-3, 215-pound wide receiver Rick Garrett, of Centralia, a redshirt sophomore whose efforts included catching eight passes for 115 yards and a touchdown in one game.

Extra innings While observing Saint Louis University bound Chris Braun of Gibault at the Columbia-Frederick Holiday boys basketball tourney, I recalled seeing Chris as a youngster at his father Carl's baseball games with the Waterloo Buds.

Another former Mon-Clark star whose alma is worth following is Bob Blank of Columbia. Last summer, 7-year-old Trent Blank led the Columbia first-year Atom Division champions of the St. Louis area with amazing pitching accuracy.

Of the 206 batters he faced, right-hander Trent struck out 193 and walked just three. Depending on the away scorekeeping, he allowed five or seven hits and only one run.

Bank shot It took six years, but Steve Pasqualone of Belleville became the first member of the St. Clair County Bank Pool League to run pool in three consecutive games when he did it recently to help the Shamrock's to a victory at the Columbia Club in Millstadt.

Pasqualone completed his third run in the 3-5-and-8 bank league with a cross corner shot in which he left the cue ball just a half inch from falling into the pocket.

Steve, however, is well aware to the presence of his brother Mike and nephew Mike Jr., who have helped Babe's Lenzburg contend for first place with Shamrock's in the South Division.

(See VOELLINGER, Page 3B)

Warriors' balance trips Maroons

Granite City gains first victory
in Southwestern ConferenceBy Scott Marlon
Staff writer

In terms of depth, Granite City doesn't match up to some of its Southwestern Conference rivals.

BOYS BASKETBALL
SWC
GCHS 54, BTHS WEST 53

What the Warriors do have is balance, and it helped them earn their first SWC victory, 54-53 against visiting Belleville West Saturday night.

"With this group of kids, anybody can score," said GCHS coach John VanBuskirk, whose squad is 8-6 overall. "We haven't had that luxury in the past."

Rocky Smith came off the bench and hit three field goals. He's very athletic and did a nice job on stealing a couple inbound passes. All six kids did a good job tonight."

Senior guard Tim Wallace had a

team-high 15 points for the Warriors, while 5-foot-10 senior Zack May and 6-5 senior Dustin Brewer added 13 and 10 points, respectively. Sophomore Matt Pistorius and 6-6 junior Chris Tindall also played key roles.

"We weren't happy with our results at the Collinsville tournament, so this was a big game for us," VanBuskirk said. "It's unusual to have a league game so quick after the holidays, but you saw a good effort from both teams tonight."

The loss dropped Belleville West to 3-9 overall and 0-4 in the conference.

Senior guard Bryan Swift, with 17 points, was the only Maroons player in double figures.

"We had some mistakes and missed opportunities, and in a close ballgame, every single one of those things hurts," said West coach Bill Schmidt. "They had a couple easy baskets off inbounds plays. We keep playing close games, but we have to find a way to win."

A 10-0 Warriors run gave Granite City a 14-7 lead after one quarter, but Swift scored 11 points in the second quarter as West rallied to tie the score 25-25 at halftime.

"We had a sluggish start, but Bryan hit some threes in the second quarter to get us going," Schmidt said. "He's been shooting those shots much better in the last three or four games."

"We were doing a good job running the floor, but then they started making baskets," VanBuskirk said. "They play very good man-to-man defense and they make it hard to run set plays."

The score was tied at 41-41 after three quarters, but Swift hit his fifth 3-pointer of the night to give West a 51-48 lead with 5:27 left in the game. A layup by Wallace brought Granite City within one point, and a basket by Brewer gave the Warriors a 52-51 lead with 3:48 to play.

Tindall scored to increase Granite City's lead to three points, but missed a pair of free throws with 2:37 to play. With 1:52 left on the clock, sophomore

(See WARRIORS, Page 4B)

Kahoks earn fourth
win in five outingsBy R.J. Gerber
Staff writer

The metamorphosis of the Collinsville Kahoks bloomed into another quality win Saturday night. The reeling Alton Redbirds were the victims.

The Kahoks, who were bludgeoned last season on their way to 17 losses, are reclaiming some pride this season. They took another step with a 72-60 Southwestern Conference victory over Alton at West Middle School Gymnasium.

Collinsville (8-5 overall, 2-1 SWC) notched a season-high scoring total on the strength of 59 percent (22-for-37) shooting from the field.

And making 25 of 32 free throws (78 percent) helped, too.

"So much of shooting is confidence and we're starting to get a little bit and that helps," said Kahoks coach Bob Bone, whose team has won four of its last five, including three of four in the Collinsville/Schnucks Holiday Classic.

"This is a really tough place to win and for us to come in here against a team like this, it's a good win for us."

Senior guard Kevin Asbrook hit for a career-best 30 for the Kahoks, whose 16-point, first-half lead was trimmed to five before they pulled away late.

(Staff photo by JOHN SWISTAK JR.)

Collinsville coach Bob Bone (right) has to like the improvement his team has shown in winning four of its last five games, including Saturday's 72-60 Southwestern Conference victory against Alton.

BOYS BASKETBALL
SOUTHWESTERN CONFERENCE
COLLINSVILLE 72, ALTON 60

Asbrook made 16 of 20 from the line. Junior forward Shaun Moore added 15 points, while Steve Dougherty chipped in 12, including three pointers.

"I was really impressed with everything from their shooting to their defense," Bone said. "That was outstanding."

Collinsville made six consecutive shots in the first quarter to snare an 18-9 advantage and nudged it to 31-15 midway through the second period. The Redbirds, thanks to some on-target 3-point shooting, trimmed the deficit to 41-31 by halftime.

But everytime foul-plagued Alton (9-4, 2-2) made a run, Collinsville answered. And usually it was Asbrook, a third-year varsity performer. He drained 7 of 8 from the stripe in the fourth quarter.

"They got into some foul trouble and that really hurt what they were trying to do," Bone said. "They couldn't pressure us with their guards and that helped us."

Alton's Jake Harmon scored 18 points before fouling out and draining a technical for his reaction after a tie-up with Jeff Ryhmer with less than a minute to play.

"It seems like immaturity costs us every time we lose," Harmon said.

Alton junior guard Lee Heard tallied 13 points while making three of his team's seven 3-pointers. Michael Hales added 10 points.

But the Redbirds, who've lost three in a row

(See KAHOKS, Page 3B)

BAC tries to bounce
back in second halfBy Scott Marlon
Staff writer

After struggling on and off the court in December, the Belleville Area College men's basketball team is hoping for a fresh start in January.

"This is the first time in my career I've had five straight losses," said Dutchmen coach Jay Harrington, whose squad starts the second half of the season at 7:30 p.m. Thursday at Southeastern Illinois.

"We have several kids who are rebounding and being helped to rebound from the problems they had during that time."

"Our last game was Dec. 13 and we started practice again Dec. 30. We're looking a lot better, but in our first four games back, we play the three top teams in the region."

BAC takes a 6-6 record into Thursday's game.

"Sean Walker (a 6-10 sophomore from Altoona) has an ankle injury," Harrington said. "He's practicing, but he's still very sore and tender. He's not

at full strength."

Tom Wells (a 6-3 sophomore from Highland) twisted his ankle Saturday in practice and will be out for one or two weeks. Danny Davidson (a 6-4 sophomore from St. Louis) came back late and missed the first five practices. I'm going to talk to him (Monday) and make a decision about what kind of punishment he'll have. But when you have an all-region player out of your lineup, it really hurts."

"As (ex-Notre Dame football coach) Lou Holtz said, kids today have privileges and rights. Years ago, they had obligations and responsibilities. I don't know if we can get back to that, but we're certainly going to try."

After facing Southeastern Region 24 in NJCAA, the Dutchmen will play host to Lincoln Trail at 7:30 p.m. Saturday. BAC then hits the road for games at No. 1 Olney on Jan. 15 and No.

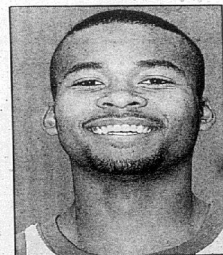
3 Wabash Valley on Jan. 17.

"I hope Melvin (Cochran, a 6-3 sophomore from Collinsville) will come back with a better attitude. He played so well in the last few games and we really need him to step up."

"We have the talent — it's just a matter of getting it done."

— Jay Harrington

Belleville Area College coach



Melvin Cochran will be a key player as Belleville Area College attempts to improve from a 6-6 start.

Edwardsville grabs
hold of SWC leadBy Patrick C. Heston
Staff writer

If there was a question of what team was the cream of the Southwestern Conference crop, the answer came Saturday night at Edwardsville when the host Tigers claimed a convincing 57-42 win over Belleville East.

The loss was the Lancers' second in three days (East fell to Quincy 71-53 in the championship game of the Collinsville/Schnucks Holiday Classic).

The Tigers improved to 10-0, 4-0 in SWC, their best start since the 1968-69 season when Edwardsville went 26-3 before being upset by Belleville East in the sectional finals.

East took command early, jumping to a quick 6-1 lead before 3,000 partisan fans in Gym A. But the Tigers turned the tide and were within 15-13 at the first quarter's end.

The Lancers stayed in front most of the first half, until a 9-2 run by the Tigers to close out the second quarter gave Edwardsville a 30-25 halftime

BOYS BASKETBALL
EDWARDSVILLE 57, BELLEVILLE EAST 42

lead. The key to the run was 6-foot-9 junior Dan Lytle, who came off the bench to hurt the Lancers.

"We're not a very big team," said East coach Doug McCrary. "His height hurt us a lot."

But an even bigger hurt was applied late in the third quarter, with the Lancers still trailing by five (40-35). Riding the outside marksmanship of Mark Allaria, Edwardsville scored the final seven points of the third quarter and eight of the first nine in the fourth quarter to take an insurmountable 55-36 lead.

"Our defense wasn't bad tonight, but I was disappointed by our shot selection," said McCrary. "I'm even more disappointed with our type of effort and our lack of concentration. Our commitment right now seems to be lacking. It's not there, and we have to get a lot better."

Edwardsville coach Mike Waldo was happy with the win, but wasn't certain the

(See SWC, Page 3B)

SPORTS

•SWC

(Continued from Page 1B)

question of which team is the best was actually settled. "We played well and they didn't play as good of a game," said Waldo. "I really don't think this proves anything. We're happy that we won, but we've got to keep working to get better."

Edwardsville shot 53 percent (20 of 38) from the field, while limiting East to 37 percent (19 of 52) from the field. The Tigers were powered offensively by Chris LaRose and Lyle, who worked their way inside for 13 points each. Jon Harris and Mark Allaria scored 12 apiece.

Edwardsville 57, Belleville East 42					
Edwardsville	FG	3pt	FT	Pts	Reb
Dan Lynde	3	0	2	13	1
Chris LaRose	3	0	2	13	1
Jon Harris	3	0	2	12	1
Mark Allaria	3	0	2	12	1
Matt Turner	2	0	2	6	1
Derek Cowan	2	0	2	6	1
Tony	2	0	2	6	1
Totals	20	0	10	53	7
Belleville East	FG	3pt	FT	Pts	Reb
Josh Hedberg	4	0	2	11	1
Larry Scheller	4	0	2	11	1
Perry Cole	4	0	2	11	1
Vas Kennedy	4	0	2	11	1
Eric Rasmussen	4	0	2	11	1
Tony Patterson	4	0	2	11	1
Mike Wright	4	0	2	11	1
Totals	19	0	10	42	7

For the Lancers, Larry Scheller netted nine points and normally high-scoring Josh Hedberg was limited to 11 points by the in-your-face defense of LaRose.

"Our guys played hard on defense," said Waldo. "I thought LaRose did a good job playing denial defense, and I thought we got good help off the ball."

McCrary, who yanked his starters midway through the fourth quarter trailing 53-36, was less impressed with LaRose's defensive effort against Hedberg.

"He fouled the heck out of him all night," McCrary said. "That was terrible refereeing at times. He clutched and he grabbed and he belled up hard. They didn't want to call it. Well, you're just going to have to play the game and we didn't."

LaRose, when told of McCrary's appraisal, shook his head, grinned and said, "They that's part of my game. It was a really tough game. I thought we handled their pressure really well, we stepped through their traps and we were strong with the ball. We used our size and strength. I thought we were noticeably stronger than them."

In other Southwestern Conference action Saturday night, Granite City edged Belleville West 54-53 behind the play of guards Tim Wallace (15 points) and Zack May (13), and Collinsville won for the fourth time in five games, tripping the Alton Redbirds 72-60.

In non-conference action, SWC member East St. Louis tried to slow down crosstown rival Lincoln. The Flyers succeeded, but were still hammered by the Tigers 43-23.

In conference action this Friday, Belleville East (10-2, 3-1) travels to Collinsville (8-5, 2-1), Belleville West (4-6, 0-4) entertains Edwardsville (10-0, 4-0), and East St. Louis (3-8, 1-2) plays at Granite City (8-6, 1-3).

"We used our size and strength. I thought we were noticeably stronger than them."

— Chris LaRose
Edwardsville forward

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Mail your entry to: Suburban Journals On-Line, 1714 Deer Tracks Trail, St. Louis, MO 63131. Entries must be received by noon on January 9, 1998.

Name _____
Telephone # () _____

Q. How many estimated Monopoly players have passed '60?
A. _____

Q. What is the name of the pizza company featured on the St. Louis version of Monopoly?
A. _____

Q. What airline appears on the St. Louis version of Monopoly?
A. _____

Q. Monopoly appeals to men and women, girls and boys alike. What is the ratio of male to female players?
A. _____

Q. What is the world record for the longest Monopoly game played in a tree house?
A. _____

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A. _____

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•Warriors

(Continued from Page 1B)

DeMarco Smith scored to bring West within one point, but missed the free throw. The Maroons got the rebound, but Swift missed a 3-point attempt.

After Brewer missed the first half of a one-and-one free-throw opportunity, the score was still 54-53 and West, which had possession, called a time out with 21 seconds remaining.

The Maroons attempted to work the ball around for a good shot, but Swift's off-balance shot fell short with less than 5 seconds to play and Granite City snared the rebound to clinch the win.

"During the timeout, we talked about two specific plays to run," Schmidt said. "They came out and acted as if they were going to play a man-to-man, but went right back to a 2-3 (zone). When that happened, we didn't run either play. We didn't get a good look at the basket."

"I thought it was going to go right down to the wire, but at the end, I thought we had the better play," VanBuskirk said. "Our free-throw shooting could have made it a little more comfortable if Dustin had made those two."

"I thought about going to a man-to-man, but the 1-2-2 had been our best defense all night. If you're going to get beat, get beat with your best defense. Their best player took the last shot, and I'm sure (Schmidt)

"I thought it was going to go right down to the wire, but at the end, I thought we had the better play."

— John VanBuskirk
Granite City coach

didn't mind that."

Schmidt had no complaints about his team's effort, but its execution was another matter.

"We gave up too many easy layups in the transition game and off steals," Schmidt said. "Our halfcourt defense played very well, but 18 points off layups is way too many."

(Junior point guard) Travis Jones had a good overall game and did a good job of handling the basketball. But we've got to get our inside game going and find people who can score more points. Offensively, we're not consistent enough."

West returns to conference action Friday with a home game against Edwardsville and will play Saturday at O'Fallon. Granite City was scheduled to play host to Bethalto Civic Memorial on Tuesday and will play at home Friday against SWC rival East St. Louis.

•Voellinger

(Continued from Page 1B)

Steve, however, is well aware of the presence of his brother Mike and nephew Mike Jr., who have helped Babe's of Lenzburg contend for first place with Shamrock's in the South Division.

Footnote

Among the teams entered in the Class A boys state soccer finals last fall at SIU-Edwardsville was Arlington Heights, Ill. Viator. Amazingly, the Lions advanced that far without Jarrett Payton, who had been an all-state forward as a sophomore but opted for football this year.

Yep, you guessed it. Jarrett is the son of former Chicago Bears football great Walter Payton.

Exempt attempt

In an effort to experiment,

Venice freshman Gregg Price fires up a shot for the Red Devils in the Columbia-Freeburg Holiday Tournament.

Venice wins consolation at Columbia-Freeburg

Venice received 23 points from Jammie Edwards and 15 more from LaRon Cole as the Red Devils defeated Freeburg 59-56 on Dec. 30 for consolation honors in the Columbia-Freeburg Tournament.

Venice came through the tournament with a 6-3 record following an opening-round loss.

In the consolation semifinal game, Willie Turner scored a

BOYS BASKETBALL

team-high 19 points to leading Venice to a 71-52 win against New Athens.

Venice had beaten the Collinsville junior varsity team 60-53 in the losers bracket as Shondel Watkins scored a game-high 14 points.

Venice lost in the first round, 71-58 to Columbia.

•Kahoks

(Continued from Page 1B)

for the first time since December 1994, couldn't overcome the steady Kahoks.

"We're playing like the inexperienced team that we are against some pretty seasoned teams," Smith said.

Alton never closed within seven points in the final minutes as four starters played with four fouls apiece for most of the final quarter.

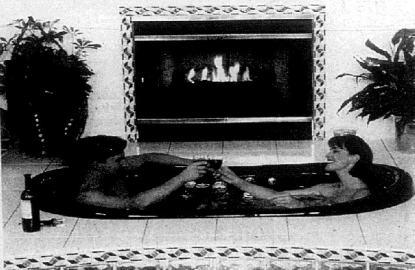
"It's from not playing very good defense," Smith said.

Collinsville 72, Alton 60					
Collinsville	FG	3pt	FT	Pts	Reb
Alton	18	23	13	18	72
	11	20	13	16	60

COLLINSVILLE (72): Kevin Astbrook 30, Shaun Moore 15, Matt Parker 8, Jeff Rhymer 7, Steve Dougherty 14. FG-19 3FG-3 FT-25/32 PF-11.

ALTON (60): Michael Hales 10, Jake Harmon 18, Patrick Hearn 8, Lee Heard 10, Charles Banks 3, Jamon Wheeler 8, Demarko Snipes 3. FG-17 3FG-7 FT-5/6 PF-18.

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HOCKEY STANDINGS

Mid-States Club Hockey Association Standings					
CLUB	W	L	T	PTS	
Slayton	9	1	1	19	
Lutheran South	9	3	0	18	
Ladue	6	4	2	14	
John Burroughs	5	4	2	12	
Westfield	2	10	0	4	
Westminster	2	10	0	4	
MICDS	0	12	0	0	

SUB. NORTH	W	L	T	PTS	
Hazelwood Central	8	4	0	16	
Granger City	7	3	1	15	
Pattersonville	5	6	2	12	
McCluer	5	6	1	11	
Hazelwood West	4	7	0	8	
Hazelwood East	3	7	1	7	
McCluer North	1	10	1	3	

ST. CHARLES	W	L	T	PTS	
St. Charles	9	1	2	20	
St. Charles West	7	4	1	15	
St. Charles East	6	4	1	13	
St. Charles North	2	10	0	4	
Westville	0	9	1	1	

METRO	W	L	T	PTS	
DeMet	11	1	0	22	
CBC	10	1	0	20	
Chaminade	10	2	0	20	
Vianney	7	4	1	15	
SLUH	6	5	1	13	
St. Mary's	3	7	1	7	
Bishop DuBourg	2	10	0	4	

SUBURBAN WEST	W	L	T	PTS	
Parkway Central	7	4	1	15	
Parkway South	7	4	1	14	
Parkway West	7	5	0	14	
Marquette	7	5	0	14	
Parkway North	4	9	0	8	
Lafayette	4	8	1	9	
Summit	2	9	0	4	

SUBURBAN SOUTH	W	L	T	PTS	
Webster Groves	9	1	1	19	
Kirkwood	8	4	1	17	
For	7	5	0	14	
Oakville	4	5	3	11	
Lindbergh	3	6	1	7	
Affton	5	7	1	9	
Mehlville	2	9	0	4	

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SOCIETY NEWS



The Silver Bells and Beaus danced to Christmas carols at the Young at Heart Christmas dinner.



Margaret and Pete Fero, Young at Heart members, celebrated their second wedding anniversary.

Young at Heart dances to the music

Young at Heart senior citizens of Holy Family Catholic church held its Christmas dinner and monthly meeting on Dec. 15 in the church community center. President Irma Manning welcomed guests and members. Prayers were offered by Rev. Fisher-Keller.

A buffet dinner was served by Jerry's Catering service to 79 members and guests. The following priests and sisters were guests and were recognized for their contributions to the different parishes.

The Rev. William Fisher-Keller, Rev. Tom Wise, Rev. Jim Keefner, Sister Jean Patrick, Sister Angelina, Sister Stanley, Sister Mary Alice, Sister Bernadette and Sister Linda Mary.

Eagles Auxiliary votes to support flag-football field

At the second meeting in November of the Eagles Auxiliary 1126 a sit-down dinner was held before the regular meeting in honor of Auxiliary Mother Melton's Birthday. Gifts were presented to her from the auxiliary and the members.

After the dinner the meeting was opened by President Mildred Boyd with all officers

present.

Letters were received from Carolyn Smoot of Parents for Special Education, thanking the auxiliary for its donations; and one from Catholic Charities thanking the group for donations to their food pantry. A letter was also received from Kelly Hogan asking for our help for the Flag Football

field. In reference to this, the auxiliary decided to buy the fence for the field.

President Boyd reported on the needy family we will help at Christmas. Motion was passed to donate money for food and clothing.

The secretary, treasurer, auditor and bingo reports were read and accepted.

Study says scouting positive

Parents and volunteers benefit from Girl Scouting as much as the girls themselves, according to a just-released outcomes study called *Girls, Families and Communities Grow Through Girl Scouting*.

Among the findings, 84 percent of the parents polled reported that Girl Scouting allows them to spend more quality time with their daughters and nearly 50 percent find that their relationship with their daughter has improved. "This statistic is meaningful since study after study shows that when the bond between a parent and child is strong, the child is stronger academically, emotionally and socially," says Mary Griggs, Executive Director of River Bluffs Girl Scout Council, headquartered in Glen Carbon.

When Girl Scouts and non-members of the same age group were surveyed, Girl Scouts reported greater opportunities to achieve nine positive outcome measures: self-reliance, self-competence; social skills (ability to make friends); respect for others; feelings of belonging; helpfulness/concern for the community; teamwork; leadership; and values clarifications/decision making.

In addition, of the largely female volunteer pool studied, 87 percent say that they developed leadership skills and 74 percent feel their self-confidence has increased because they served as Girl Scout troop, group or assistant leaders. In fact, 95 percent of the volunteers felt they had a positive influence on the development of girls, 83 percent say they developed skills they otherwise would not have developed, and 85 percent agree they wouldn't typically receive in their daily lives.

Parents studied indicated they built friendships with other adults through having a daughter in Girl Scouting and 67 percent reported they felt they are giving back to the community.

River Bluffs Girl Scout Council can be reached at 692-0692.

"GCC is a great asset for students either pursuing a transfer degree or taking courses for personal enrichment."

Steve Gannon, History and Political Science faculty member, Belleville Area College's Granite City Campus

Steve has taught at the Granite City Campus since 1995. A lifelong resident of Granite City, he knows firsthand about the educational and cultural opportunities provided to community residents by the Granite City Campus.

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ENTERTAINMENT

HOROSCOPE

Wednesday, Jan. 7
The moon is void just now if it transits into Taurus. If it feels like it lacks spice, don't worry. Soon enough, your appetite will be restored. You will greatly appreciate luxury items tonight, so shopping is not advised unless you have an unlimited budget. The best solution to a problem is the most logical and is often the easiest route to take.

TODAY'S BIRTHDAY (Jan. 7). You will make a change for the better, perhaps by dropping a certain habit. A stellar financial deal is offered to you before the end of February. Your personal goals require you to educate yourself. Be flexible, and let your heart guide you into a whirlwind romance in May. Big money comes in June and August.

ARIES (March 21-April 19). Admirers vie for your attention. Your attraction to a co-worker is irresistible. A friend wants to be alone, but don't overreact. Make weekend

plans immediately. A first date is fun as long as you keep it casual.

TAURUS (April 20-May 20). It seems you have the Midas touch when it comes to closing the deal. Singles will discover true love. Couples will strengthen their relationships through counseling, or an empowering pastime.

GEMINI (May 21-June 21). Pursue knowledge, as promotions are the direct result of education. Your finances dictate that you forego luxuries for now. Gifts from family members are generous reminders of your unconditional support system.

CANCER (June 22-July 22). Take on new responsibilities while your energy is at its peak. Your financial goals are within reach, but don't expect success to come overnight. Focusing on domestic projects helps relieve your stress.

LEO (July 23-Aug. 22). Colleagues will applaud your achievements. Singles will fall

for Sagittarians or Gemini. A flirtation sets your head spinning. Don't lend money; you are too trusting! Avoid obsessing over the superficial. It's what's inside that counts.

VIRGO (Aug. 23-Sept. 22). Sexual tension reaches new heights. An educational project requires more money. A long-distance romance is inconvenient but necessary for now. Avoid letting your talent grow rusty.

LIBRA (Sept. 23-Oct. 23). A confrontation spurs a healthy change. Couples will exchange vows. A financial decision favors you, but you may have to go to extra lengths to collect your prize. Relocating is a distinct possibility and it will result in a happier life.

SCORPIO (Oct. 24-Nov. 21). A higher salaried position is now available to you. This is a good time for taking steps to break into a new field. Others will solicit your opinion and follow your example. Place a bet.

SAGITTARIUS (Nov. 22-Dec. 21). Strive to break a destructive habit. Contact a relative. Avoid being too critical of a spouse or lover. Part-time employment may not be challenging, but it pays the rent. A shared interest brings you closer to a partner.

CAPRICORN (Dec. 22-Jan. 19). A partner surprises you with a financial gesture. Educational ventures are worth your time. You will find contact with a new culture enriching. Love restores your faith.

AQUARIUS (Jan. 20-Feb. 18). Adapt your style to suit any occasion, and you find yourself invited to all of them! Be careful. Money alters the dynamic between friends. A lover supports your every decision.

PISCES (Feb. 19-March 20). Expecting others to do all the changing is unrealistic. A comradely interest gets all you want. You are overly possessive with a current lover. Loosen your grasp.

MOVIE SCHEDULES

Film timetable for Wednesday, Jan. 7. For times on other days, or to confirm these times, check with local theaters.

ALTON CINE
2640 Clair St., 462-1131
Titanic (PG-13) 4:00, 8:00
The Postman (R) 4:15, 8:15

CARMIE PETITE
170 and Hwy. 157, Collinsville, Ill.
244-1705
Home Alone 3 (PG) 7:15, 9:20
Titanic (PG-13) 8:30, 9:00
Mr. Magoo (PG) 7:00, 9:00

EASTGATE CINE
Eastgate Plaza, E. Alton, Ill.
254-5289
For Richer Or Poorer (PG-13) 5:15, 7:30
Scream 2 (R) 4:00, 7:00
An American Werewolf in Paris (R) 4:30, 7:15

FLORISSANT CINE
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7:20, 9:20
Mr. Magoo (PG) 12:20, 2:55, 5:00, 7:10, 9:05
As Good As It Gets (PG-13) 12:45, 4:10, 7:05, 9:45
Tomorrow Never Dies (PG-13) 1:45, 4:20, 7:10, 9:35
An American Werewolf in Paris (R) 12:30, 2:45, 5:00, 7:25, 9:40
Amistad (R) 1:05, 4:20, 7:30
The Postman (R) 1:10, 4:55, 8:30
Home Alone 3 (PG) 12:05, 2:20, 4:35, 7:30
The Rainmaker (PG-13) 9:15

LINCOLN THEATER
103 E. Main, Belleville, Ill., 233-0123
The Little Mermaid (G) 7:15
In & Out (PG-13) 9:10
Air Force One (R) 7:00, 9:20
Mortal Kombat 2 (PG-13) 7:05, 9:10, 7:30

NAMEOKI CINEMA
30 Nameoki Village, 877-6630
Home Alone 3 (PG) 6:45
Tomorrow Never Dies (PG-13) 7:15

QUAD CINEMA
Belleville, Ill., 233-1220
Flubber (PG) 4:30, 6:45, 9:15
Scream 2 (R) 4:45, 7:30, 10:00
Titanic (PG-13) 4:00, 6:30, 9:00
Tomorrow Never Dies (PG-13) 4:15, 7:00, 9:45

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Mousethunting (PG) 2:15, 4:45, 7:15, 9:35
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Calendar

(Continued from Page 58)

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday, 2116 Clair, 2116 Edison, Granite City, (800) 307-6602

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2016 Delmar Ave., 24-hour hot-line 368-0409



Friendly ambassadors

Six Flags St. Louis' goodwill ambassadors Bugs Bunny and Daffy Duck visit with patients and their families during a holiday appearance at St. Louis Children's Hospital. In addition to the Looney Tunes characters' regular visits to children's hospitals, Six Flags St. Louis raised over \$500,000 for children's charities in 1997, including over \$300,000 for St. Louis Children's Hospital.

Chief calls New Year's watch success

By Ellen Ellick
Staff writer

St. Louis police are already looking forward to their third "Fun Without Guns" campaign on New Year's Eve of 1998. The promise of another campaign came late last week as Police Chief Ron Henderson pronounced the 1997 campaign to reduce gunfire on New Year's Eve as a success.

"We were more successful than last year, and I promise we'll be even more successful next year," the chief said.

On New Year's Eve, city police were out in force watching for residents who might try to celebrate the new year by

firing gunshots into the air. In past years, random gunshots have injured and even killed innocent bystanders.

Henderson began the "Fun Without Guns" campaign on New Year's Eve 1996, reminding people that random firing was not only dangerous but illegal. He also encouraged citizens to call 911 if they heard gunshots.

This past New Year's Eve, city police received 347 calls for "shots fired" between 3 p.m. Wednesday, Dec. 31 and 3 a.m. Thursday, Jan. 1.

Police did arrest 19 people for illegal possession of a firearm or for discharging

one. Police also seized 29 guns, including one Thompson submachine gun.

The previous year, police arrested 35 people for weapons violations and seized 36 guns, while receiving 306 calls from citizens about gunfire.

Also on New Year's Eve, police arrested 12 persons suspected of drunk driving.

Henderson said he thinks police are getting the message out about the dangers of random gunfire. In past years the firing of guns took place from about 9 p.m. to 3 a.m. This year most of the shooting was between midnight and 12:30 a.m., he said.

"We will be back next year, and we'll be out in force again," Henderson said.

Safe landing

'Heroes' save plane-crash survivors

By Mary Shapiro
Staff writer

An airplane crash Wednesday afternoon in the median of Interstate 64 (Highway 40) in Chesterfield Valley seriously injured three men, with the pilot and others emerging as heroes.

Emergency workers praised the action of the pilot in avoiding a potential catastrophe—the plane didn't collide with any cars or nearby property on the heavily traveled road.

Others commended four medical personnel who stopped to help victims of the crash. In the plane were a pilot and plane co-owner Daniel Cross, 53, of Jennings; co-pilot Daniel Triska, 38, of St. Louis; and a passenger, Roland Eckstein, 46, of St. Charles.

As of Friday, Cross was in critical but stable condition. Triska was in satisfactory condition, and Eckstein was in serious but stable condition, said Regina DeLuca, a spokeswoman for St. John's Mercy Medical Center in Creve Coeur where the men are recuperating.

Within seconds of the crash, four medical personnel and three women and a man—driving on I-64 stopped to help the injured.

"When I got to the scene, these four people had victims covered up with blankets and were administering help," said Dick Hrabko, director of aviation for St. Louis County.

"They showed great professionalism and compassion," he said. "I really think the excellent emergency treatment by these folks—before the paramedics arrived—had a lot to do with the men's survival."

Vehicle lanes were closed about 1.5 hours, and eastbound lanes were restricted to one lane. The plane wreckage was removed Wednesday evening, said Sgt. Hubert Looney of Missouri Highway Patrol Troop C.

It is now being inspected by Federal Aviation Administration inspectors at Spirit of St. Louis Airport.

A passing local pilot who saw the crash said the plane had no power when it went down, too.

"I really think the excellent emergency treatment by these folks—before the paramedics arrived—had a lot to do with the men's survival."

Dick Hrabko
aviation director

A distress call came into the Chesterfield Fire Protection District at 2:19 p.m. Wednesday from Spirit Airport's tower in Chesterfield Valley, said Battalion Chief Fred Goodson.

It indicated that a plane had suddenly crashed in the highway median about a mile and a half east of Spirit Airport, and just east of the Chesterfield Airport Road exit off the highway.

Interstate 64, at that location, includes two eastbound and westbound lanes, and a wide grassy median.

Firefighters from Chesterfield, Hollister and Metro West fire protection districts responded.

The four-passenger, single-engine Beechcraft Debonair private airplane apparently was approaching Spirit from the east, Goodson said.

"For whatever reason, the pilot was attempting to make it to the airport on a normal approach, but obviously came up short and had to land on the median," Goodson said.

"Some witnesses have said the engine wasn't running, and the plane dropped straight down," he said.

Firefighters used rescue tools to free one of the men, Goodson said.

"Intentionally or not, the plane was put down right in the median, and despite heavy traffic, no cars were struck—this could have easily caused a chain reaction accident," Goodson said.

The crash didn't cause a fire, but firefighters put foam on the plane to prevent ignition, as aviation fuel was leaking, Goodson said.

Effort on to put Christian music station back on local airwaves

By Jim Merkel
Staff writer

Right now, it's not possible to hear full-time Christian music anywhere on the AM or FM radio dial.

But if its backers are right in their predictions, some time before New Year's Day 1999, a flick of the switch again will bring the sound of Michael W. Smith, Sandi Patty, Amy Grant and other contemporary Christian music artists to listeners in the St. Louis area.

The last time that was possible was Oct. 1, before the station at 104.9 FM stopped broadcasting as WCBW after Continental Broadcasting sold the property to Jacor Communications for \$13.2 million.

Jacor then moved its WCBW format to the frequency from 107.7 FM, and put a new format called Z-107.7, featuring contemporary hits.

The demise of WCBW meant what was left of religious broadcasting in the St. Louis area was largely teachings and talk.

For listeners and staffers who liked the station, which was ranked among the top contemporary Christian music stations in the country, the temptation was to start writing letters and demand a return to the old format.

"What can we do? How can we stop this terrible thing from happening?" said Jerry Williams, former program director and afternoon host for WCBW, recalling the reaction when people heard about the change.

"The phone lines and fax machines were jammed," said Sandi Brown, who was operations manager and morning drive cohost.

But to some former WCBW staff members and promoters, the better way was to leave

"It (WCBW) was one of the top five Christian music stations in the country. It had about 100,000 listeners a week."

Sandi Brown
former operations manager

the old station behind and work on a new one.

Under the name St. Louis Christian Music, Inc., they're working on raising money, finding another station and getting back on the air, most likely on a listener-supported basis.

This time, they say, the owners will actually believe what's going out on the air. Generally, the people who broadcast Christian stations see their work as a ministry, a variation of what a minister does on Sunday morning. But since Universal Broadcasting (now Continental Broadcasting) bought it as a 3,000-watt station in Columbia, Ill. for less than \$1 million in 1980, its owners saw it as a profit-making format and not as a ministry.

Brown, a Columbia, Ill. resident who has a degree in broadcast communications from Maryville University, said the only concern was to meet a set of financial goals.

"As long as we met that, they didn't care if we played polka or rock or contemporary Christian music," Brown said.

In fact, the station met both financial and spiritual goals.

"It was one of the top five Christian music stations in the country," Brown said. "It had about 100,000 listeners a week."

From its office at 4121 Union Road in South County, it sent \$1.3 million in bills to advertisers.

By the time of the sale, it had been built up to 25,000 watts.

Among the advertisers was Randall McArthur, owner of McArthur's Bakery, 3501 Lemay Ferry Road in South County.

McArthur started advertising on the station about 15 years ago when the station and his first daughter were about 2 years old.

"I just felt I wanted that Christian music influence to be available for my kids," said McArthur, whose daughter is now a senior in high school. He also has a daughter in seventh grade.

While he started out just trying to play a medium, McArthur discovered it was a valuable advertising tool. At the end, about 75 percent of McArthur's ad budget went to WCBW, and its products were served at WCBW-sponsored events.

Today, McArthur is in the center of the effort to bring the format back to local radio as chairman of St. Louis Christian Music.

McArthur might still be advertising on WCBW if it weren't for changes in federal regulations that allowed owners to accumulate several stations in a market. That led to the offer by Jacor to buy the station for \$13.2 million.

"While we were profitable, you can't turn down that kind of offer," Brown said.

"It takes a long time billing \$1.3 million dollars (a year) to realize \$13.2 million," Williams said.

Today, from an office at the First Baptist Church of Affton, St. Louis Christian Music is working to raise money and acquire a lower-cost educational station. The organization anticipates it would be in a listener-supported format, which also would allow underwriting by businesses.

There is a website, at www.Bridgemusic.com featuring contests, trivia, updates and some music. There also is a hotline (923-2233, access code 2233), volunteer meetings and appearances by personalities.

People also can find out more by writing to St. Louis Christian Music, P.O. Box 515297, St. Louis, MO 63151. Brown, Williams and former WCBW senior account executive Bobbi Schuessler are full-time staff people with limited compensation.

The hopes are to bring in \$250,000 a month and a total of \$2,500,000 to get the project started and operate the station for the first several months.

Afterwards, about \$8,000 a month in revenue would be required to keep it on the air. If St. Louis Christian Music decides to purchase an existing station rather than start its own station from scratch, it would cost anywhere from \$1 million to \$5 million.

While it's hard work, Brown and Williams say there's a reason they're doing it.

"We know that the success of this format is based on the message that we have to offer," Williams said. "That's what makes it different from any other format."

"They touch people's lives," Brown said. "It's a passionate music, and that's why we feel so passionate about it."

Ramadan marks divine mission

By Mary Shapiro
Staff writer

Dec. 31 isn't just the end of the year, it's the start of Ramadan.

Ramadan is a month of fasting and one of the most important events in the Islamic calendar.

It is an opportunity for Muslims to emphasize piety and charity to the poor, said Shah Ahmed, a Chesterfield resident and member of the Islamic Foundation of St. Louis. Approximately 15,000 Muslims live in the St. Louis area.

"Among the five fundamental principles of Islam, fasting occupies this place of importance," he said.

"Since Muslims go by a lunar calendar, Ramadan actually begins with the sighting of the moon in the western horizon immediately after the 31st."

Ahmed said, "For us, the month of Ramadan denotes the beginning of the prophet Mohammed's divine mission, with the revelations sent down by God through the angel Gabriel."

For Muslims, Ramadan's fasting is almost all encompassing. They abstain not just from food and drink but also from sexual activities, bad habits such as smoking, and bad feelings such as anger and backbiting between dawn and sunset each day.

"Similar to traditions of Judaism and Christianity, fasting for Muslims promotes righteousness and self-discipline," Ahmed said.

"It is an exercise of religious devotion, with cheerful and willing renunciation of all appetites of the flesh," he said. "It doesn't aim at inflicting punishment, but at strengthening our morality

and self-control, and deepens our consciousness of God."

During Ramadan, there are extra congregational prayers during evenings, when the Koran—the Muslim holy book—is recited by the mosque's prayer leader. There is more socialization among the congregation, as members gather to break the daily fast.

"Extra charity to the poor is given during the month of Ramadan," he said. "We are told to give 25 percent of our net wealth to the poor, and people are more cordial, friendly and ready to do good."

"Fasting is an expression of solidarity with the poor, the family and the community," he said. "It instills in the rich the virtue of mercy and gives them a firsthand experience of the suffering of the poor around them."

Ahmed enjoys the strengthening of family ties during Ramadan.

"The family fasts, eats and prays together," he said.

After fasting 29 days, the end of Ramadan will be celebrated with a festival called "Eid."

"It is an occasion of happiness and rejoicing for those who enjoyed fasting," he said. "Muslims wear their best clothes, go to the mosques for prayers and greet and exchange greetings with each other for the successful completion of the month."

Shah said she enjoys the chance to help the poor.

For more information on Ramadan, write the Islamic Foundation of St. Louis, 513 Weidman Road, St. Louis, MO 63011, or call 994-7878.

Students join worldwide conference to study global environment picture

By Barbara Ponder
Staff writer

Water and soil samples from North County may help students and scientists worldwide get a better picture of the state of the global environment.

Fifth-grade students at Twillman Elementary schools are collecting and testing the samples in connection

with the worldwide Global Learning and Observations to Benefit the Environment (GLOBE) program.

Environmental awareness is GLOBE's greatest benefit to the fifth graders, said their teacher, Gloria Ewing, who is spearheading GLOBE at Twillman in the Hazelwood School District.

"The intent of the program is to

have students investigate things in the environment and communication through the Internet with others and report their findings," Ewing said. "At this point, we're just getting our feet wet. In the next month or so we will log on to the Internet."

U.S. Vice President Al Gore is a proponent of the program, which began in 1995 and is funded through

federal grants. Ewing said. Hydrology, soil and the seasons, or atmosphere, are GLOBE's emphasized areas of study.

Ewing's 24 fifth-graders are divided into six project groups. Each group collects its own soil or water samples for testing. One group makes daily weather observations.

Soil is tested for consistency, struc-

ture and water content. Water is tested for the pH balance, its acidity or alkalinity. Alkalinity is the measure of water's resistance to the lowering of pH when acids are added, Ewing said.

The students' observations will be reported, via the Internet, to a central database. The data then will be translated to images.

Today's Food

Wednesday, January 7, 1998

Food & Nutrition

Wise Ways

Folic acid is a new kid on the block added to grain products to boost resistance to birth defects. In 1998 it will be added regularly to grain products.

INSIDE

Heart-y Bites

What's for dinner? This may be the year for including soy foods regularly for healthy sustenance. It comes in a variety of forms for easy access.

INSIDE

Blue Ribbon Cook

A hot oven in winter or grill in summer gives fresh vegetables a fat-free finish for a winning entry year-round. It easily fits into the scheme of healthier eating.

INSIDE

Private Label Test Run

A bowl of hot cereal is a sure warm-up on a cold morning. Flavored cereals are hot, say tasters who tried three varieties with old and new appeal.

INSIDE

Micro Raves

Popularity of microwave ovens and constant improvements in technology have made the small, handy appliance easy to accommodate in the kitchen and the budget.

INSIDE

Lively Taste

A small amount of pork tenderloin, trimmed of all fat, flavors food well with little fat and few calories. For six servings of stir-fry, use 3/4 pound tenderloin, cut across the grain in 1/8-inch strips. Brown the meat in 1 tablespoon hot oil. Push it to the side of the pan. Add about 6 ounces fresh mushrooms, 1 large green bell pepper, 1 zucchini, 2 ribs celery, each sliced, plus 1 cup thinly sliced carrot and 1 clove garlic, minced. Stir-fry the mixture 3 minutes. Combine 2 tablespoons reduced-sodium soy sauce, 1 cup chicken broth and 1-1/2 tablespoons cornstarch. Cook with pork and vegetables in skillet until it has thickened, then cook 1 minute longer. Serve over 3 cups hot cooked rice. Each serving has 257 calories and 4.4 grams fat.

Health & Fitness

Medicine Chest

The body often feels sluggish at the end of the holiday season. Making good food choices when faced with leftovers helps get it back on track.

INSIDE

Fresh Picks

Annual consumption of garlic to 2 pounds per person in the United States has doubled in the last 17 years. People are ready for fuller flavor, which garlic provides, plus they receive society's permission to eat it because of its potential for good health.

Big Fat Tip

Some milk has a new name. Two percent milk (121 calories and 4.7 grams fat per cup) now is called 2 percent reduced-fat milk. One percent low-fat milk (102 calories, 2.6 grams fat per cup) now can be called 'light.' Skim milk, also called non-fat, with less than 1/2 gram fat and 86 calories per cup, can be known as fat-free milk. The amount of calcium, about 300 milligrams per cup, remains the same; only the names have been changed.

Future Shop

Good-health resolutions abound right after the new year. At 7-Eleven, sales of hot dogs, doughnuts and nachos drop the first two weeks of January, while sales of low-fat snacks, yogurt and skim milk climb. Things return to what the company calls 'normal' by the third week of January.

BITE OFF BALANCE

By Janice Denham
Staff writer

The balance beam that moves from December's excess eating into January's reform movement is mighty thin. It's a precarious line moving from the land of cheese balls and cookies into the region of skinny soup and crackers.

It does the soul -- and the waistline -- good to regroup for increased willpower and a step toward fitness.

Like the balance necessary to move ahead on the beam, each step or bite is attentive to detail. It may require, after a slip or misstep, gumption to brush off one's body and ego to try again.

The effort need not be painful.

Pick favorite healthy foods and work around them.

For an example, one goal is to form a base of grains. That means pasta, rice, cereal and breads -- all right in fashion -- are good to eat.

Pick higher-fiber varieties, like brown rice, whole-grain cereals and breads. They have more flavor, so they need fewer heavy accompaniments, are more filling and are more interesting to eat.

There is no magic parachute to jump to the end of the beam. It takes persistence.

Foods that bring a person's eating habits into a healthier line, like fruits and vegetables, are colorful and flavorful and come varied from every aisle of a market or grocery.

Here are tips to exercise everyday choices that will provide balance:

- Flavor salad with dressings that cut fat. Commercially they come in a wide range of flavors. For a quick, fresh approach, squeeze half a lemon on greens and add some fruit, or use flavored vinegar that is homemade or purchased.
- Sauce up pasta with red sauce, rather than creamy white. Use less cheese and skip the meat. Rely on tomatoes, garlic, onion and spices for authentic flavor. At serving time, top it with a memorable flavor, like a thin sprinkling of cheese or a chopped fresh herb, so it touches the taste buds first.
- Choose foods closer to the soil. Eat more beans. They come canned with flavorful sauces.
- Splash food that normally calls for a couple tablespoons oil with defatted broth, fruit or vegetable

juice, wine or water. Mushrooms, onion and garlic can be sautéed in a fat-free liquid as well.

• Cook vegetables in defatted broth and add seasonings, like basil or light soy sauce. When salty flavor cannot be sacrificed in a salad or other dish, sprinkle the top lightly with grated parmesan cheese.

• Think of meat as a side dish and super-size the vegetable portion.

• Add grapes to chicken and tuna salad, fruit to yogurt, and lettuce, sprouts and tomato to any sandwich.

• Mix favorite fruits together for fruit salad to eat from the refrigerator any time of day. Leave peels on fruits when possible. Toss with a tablespoon of honey and sprinkle of cinnamon. Eat

as is or serve over angel food cake, mix into sugar-free gelatin or fold into pudding made with nonfat milk. Use dry and fresh fruit.

• Don't give up calcium. Switch to milk or cheese with less fat.

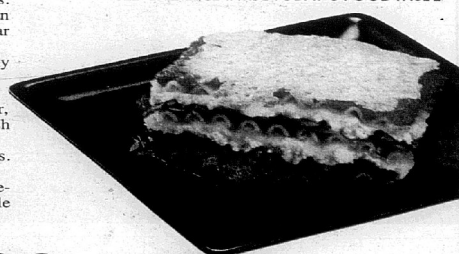
• Eat food that is enticing. If no fresh vegetable seems appealing, embark on learning to eat one by eating it with a no-fat dip.

It's a great time of year to use the oven. It warms food, plus the kitchen and offers inviting aroma. Spray chicken breast or fish with nonstick cooking spray, coat with crumbs and favorite seasonings, place on a nonstick baking sheet, spray again and bake it only until done.

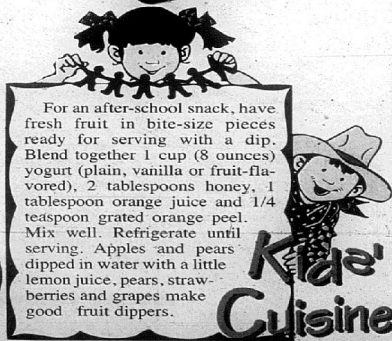
• Take it easy on portions. Sit down to eat, avoiding preview snacking and after-meal cleaning of plates to avoid leftovers.

• Move. A slow-starting approach to exercise

SEE BALANCE INSIDE TODAY'S FOOD PAGE 2



Honey Dip



For an after-school snack, have fresh fruit in bite-size pieces ready for serving with a dip. Blend together 1 cup (8 ounces) yogurt (plain, vanilla or fruit-flavored), 2 tablespoons honey, 1 tablespoon orange juice and 1/4 teaspoon grated orange peel. Mix well. Refrigerate until serving. Apples and pears dipped in water with a little lemon juice, pears, strawberries and grapes make good fruit dippers.

Kids' Cuisine

Today's Food

Medicine Chest

By REBECCA COLEY

Move the body back into comfortable line

Indulging in foods that are once-a-year treats is an enjoyable element of the holidays. However, leftovers and new year parties can leave a body in constant rebellion. Any change from normal eating patterns may create digestive difficulties, but very rich foods, alcohol and low-fiber foods can create troublesome constipation. Here are tips to help get you back on track:

- Pass up the cookies. Instead, toss them out or freeze them for an occasional snack. Go for the fruit and vegeta-

bles to eat with crackers.

- Drink plenty of water. Water is necessary for proper digestion. Alcohol does not replace water intake, so be sure to drink plenty of water even if indulging in a late alcoholic new year's toast.
- Make time for both exercise and relaxation, which help the body recover from seasonal stresses.
- If there is a serving left of a favorite rich dessert, eat only half of it for a grand finale.

To keep the body regular throughout the year, a new free brochure, "Constipation: Common Causes, Reliable Treatments," is available by calling toll-free 1-888-710-4099. Registered pharmacist Rebecca Coley is a board member of the Missouri Society of Health-System Pharmacists. Questions for her to answer in "Medicine Chest" can be e-mailed to her at rcoley@hshs.com or sent to: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Test Run

Hot cereal bursts with flavors

People who complain that hot cereal has no taste and takes forever to make haven't tried the flavorful choices on the shelf.

Tasters tried three varieties from different manufacturers.

Quaker Kids' Choice ("cookie blast") instant oatmeal with 10 packets and Banana Nut Bread multigrain hot cereal from Cream of Wheat with 8 packets is priced at \$2.99 at Shop 'n Save. A 28-ounce package of pourable instant Malt-O-Meal in maple and brown sugar flavor costs \$2.59.

Testers appreciated the ability to all the products instantly. One had a single word to use.

"Easy. That is the biggest and best thing about the product," he said.

The Malt-O-Meal product made the biggest positive impression. Figuring the use of 3 tablespoons dry cereal with 2/3 cup water for each serving, the package holds about 23 servings.

"I never really tried Malt-O-Meal before. I didn't like hot cereal very much when I was a kid, but now I love to doctor up plain oatmeal with fruit and other flavors. I would get this flavor as an alternative to oatmeal," a taster said.

One of her favorite flavors is brown sugar, so it lined up well to her expectations. Another tester agreed, calling the flavor "more natural" than she expected.

"The Malt-O-Meal had delicately flavored sweetened with the maple and brown sugar, plus full-bodied wheat I found satisfying. I was concerned that



Oatmeal and other hot cereal doesn't have to resemble a bowl of gruel these days. Nuts, mini marshmallows, cookie crumbs and other savory and sweet flavors add to their instant appeal.

because it was presweetened, it might be too sweet, but I'd rate it up near my favorite, oatmeal," she said.

Some of the tasters made it with milk instead of water, which added rich creaminess to its smooth texture. Two testers found the mixture foamed quickly when it reached the boiling point, so they cautioned it might need a little watching in the minute or two it needs to cook.

Another said, "I added salt, which brought out even more flavor. I love hot cereal and would eat this for breakfast, especially on winter mornings."

She called the brown sugar a "good complement to the malted flavor." Another tester thought a recipe on the package for muffins made with the dry cereal would be enticing.

Unlike the other products, it has no fat or sodium, but also has less fiber

— 1 gram compared to 3 grams per serving — than the other two. Farina is Malt-O-Meal's main ingredient.

Testers of the banana nut bread cereal enjoyed it as well.

One thought banana was the outstanding flavor, another enjoyed the nuts in it. Oatmeal is the first ingredient, although barley flakes, whole wheat and farina are included.

"I liked the consistency of it. I fix oatmeal with a little sugar and salt in it for myself during the week when I can and on the weekend for the whole family, because my kids love it. They'd like this, too," another taster said.

Adult testers thought the Kids' Choice oatmeal with tiny bits of cookies would appeal to children. They come in a variety of packets of chocolate chip cookie, s'mores and cookie 'n' cream flavors.

"The cookie part of the oatmeal doesn't last very long by flavor, although you can see the pieces in the oatmeal," a tester of the chocolate chip cookie variety — who was looking for more chocolate flavor — said.

The tiny marshmallows in the s'mores packet of oatmeal impressed a different tester the same way.

"You get the impression something sweet is there, rather than it being a real marshmallow. It did have little crunchy pieces of graham cracker though," she said.

The individual packets tend to be a small serving for her, so she thought they would only be a bargain for someone who could settle for eating one of them at a time.

"But if it gets someone to eat breakfast, particularly hot cereal in the winter, it would be worth every penny," she added.

Balance

Continued from Page 1

makes a person feel better physically and emotionally almost immediately. Entice a partner to participate. Like with food, start with short-range, manageable goals.

Here are a few delicious ideas to help bring balance to January meals.

LIGHT LASAGNA

- 9 or 10 lasagna noodles
- 1 yellow onion, chopped
- 1 tsp. oil
- 2 cloves garlic, crushed
- 8 oz. mushrooms, thinly sliced
- 1/4 cup chopped fresh parsley
- 1/4 tsp. salt
- 1 pkg. (10 oz.) frozen spinach, thawed, thoroughly drained
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 2 cups meatless tomato or spaghetti sauce
- 1 carton (15 oz.) part-skim or reduced-fat ricotta cheese
- 3/4 cup (3 oz.) shredded part-skim mozzarella cheese
- 2 tsp. grated parmesan cheese

Prepare lasagna according to package directions. Drain. Cover with cool water.

In skillet over medium heat, cook onion in oil 5 minutes until golden. Add garlic. Cook about 1 minute. Reserve half the onion.

Add mushrooms to onion-remaining in skillet. Cook and stir about 7 minutes until mushrooms are tender and slightly browned. Add parsley and pinch of salt. Transfer to bowl.

In same skillet, cook reserved onion and spinach, covered, about 3 minutes until spinach is wilted. Uncover. Cook over medium heat about 1 minute to evaporate excess moisture. Season with pinch of salt.

Preheat oven to 350 degrees.

Drain lasagna. Pat dry with paper towels.

Mix oregano and basil with tomato sauce.

Spread 1 cup sauce in bottom of 13-by-9-inch baking pan. Arrange 3 or 4 lasagna noodles, slightly overlapping, in pan. Evenly spoon spinach on top. Spread with half the ricotta, then 1/4 cup mozzarella cheese.

Layer 3 more noodles. Spread mushrooms, remaining ricotta mixture, then 1/4 cup mozzarella cheese on top. Top with remaining lasagna, 1 cup tomato sauce and remaining 1/4 cup mozzarella cheese. Sprinkle with parmesan.

Bake in preheated oven about 45 minutes until brown and bubbly.

Makes 8 servings; 240 calories, 8 g fat and 230 mg sodium each.

WHITE CHILI

- 1 large onion, chopped
- 1 medium green bell pepper, seeded, chopped
- 2 cloves garlic, minced, or 1 tsp. garlic powder
- 2 tsp. oil
- 2 cans (15-1/2 oz. each) great Northern beans
- 1 can (14-1/2 oz.) chicken broth
- 2 tsp. ground cumin
- 2 tsp. chili powder
- 1/2 tsp. oregano
- 1/8 tsp. cloves
- 1/4 tsp. cayenne pepper
- 3 cups diced, cooked, skinless chicken breast
- Salsa and chopped green onion for garnish

Saute onion, bell pepper and garlic in oil until tender. Add beans, broth, cumin, chili powder, oregano, cloves, pepper and chicken. Simmer 15 to 20 minutes.

Garnish with dab of salsa and sprinkle of green onion. Makes 6 servings.

SPICY VEGGIE CRUNCH SALAD

- 1 cup each matchstick-cut carrot, parsnip, turnip and jicama
- 1/4 cup minced onion
- 3 tbsp. balsamic vinegar
- 2 tsp. olive oil
- 1 tsp. sugar
- 1 tsp. minced fresh basil
- 1 tsp. salt
- 1/4 tsp. crushed red pepper flakes
- 2 cups grapes
- 1/2 cup matchstick-cut beets
- Fresh basil leaves, if desired

Mix carrot, parsnip, turnip, jicama, onion, vinegar, oil, sugar, basil, salt, red pepper and grapes well. Refrigerate at least 1 hour.

Garnish with beets and basil leaves. Makes 8 servings; 81 calories, 2 g fat, 320 mg sodium and 3 g dietary fiber each.

Blue Ribbon Cook

Winning veggies move into kitchen

Teresa Jacks, Ballwin, is the winner of this week's recipe contest for Spiced Grilled Vegetables. Her prize is dinner certificates at the Pasta-House Co.

She started revising recipes when a change in eating habits required more low-fat foods and vegetables.

She started this recipe on the grill last summer with eggplant and tomatoes. In autumn she added sweet potato, which she found excellent with a head start on cooking. Acorn squash turned out well, too. For Thanksgiving she added broccoli.

This month's contest is for anything red or with anything outstandingly red in it to honor February celebrations. It can be literally any dish: appetizer or beverage, main or side dish, dessert or snack.

Send a single recipe

to: Red Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, 63131.

Entries will be judged for a prize of dinner certi-

SPICED GRILLED VEGETABLES

- 1 zucchini
- 1 carrot or 2/3 cup mini carrots
- 1 onion
- 2 white potato
- 2 green bell pepper
- 1 red bell pepper
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. seasoned salt
- 1/2 tsp. pepper

Preheat oven to 425 degrees. Coat 2 baking sheets with nonstick cooking spray.

Wash, prick and microwave potatoes on high power 2 to 3 minutes (or parboil until they begin to cook and drain well). Slice potatoes, onion, peppers, carrot and zucchini in very thin slices.

In resealable container, mix together garlic powder, onion powder, seasoned salt and pepper.

Toss vegetables in seasoning mixture. Arrange in single layer on prepared cookie sheets. Spray vegetables with cooking spray. Bake in preheated oven 15 to 20 minutes until vegetables are done or potatoes are crisp.

Pizza trays with perforations promotes better browning on all sides.

Variations: Vegetables also can be cooked on grill. Add fresh tomatoes, cut in quarters.

ates from Pasta House Co. to be awarded each of the four Wednesdays during February.

Type or print it legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive.

Be sure to double-check the recipe as it is written for both amounts and directions. Include any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be among criteria used for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after their prize-winning publication date.

Today's Food

Flavors in easy rolls rise sunny-side up

Warm rolls smell and taste wonderful, but adding tangy sun-dried tomatoes and basil gives them a delicious bonus. It's easy to make these unique rolls by starting with frozen bread dough.

Simply mix together the bread dough, dried tomatoes and dried basil in a food processor. Form the rolls, let them rise and bake.

Friends will think hours were spent making rolls from scratch, but they are outstandingly easy to make, particularly judged by the delicious results.

SUN-DRIED TOMATO ROLLS

- 1 loaf (1 lb.) frozen bread dough, thawed
 - 2 tbsp. sun-dried tomatoes packed in oil, drained
 - 1 tsp. basil
 - Melted butter or margarine
- Grease muffin pan. In food processor, chop tomatoes and basil into fine paste.
- Cut loaf of dough into 8 pieces. Add to food processor with tomato mixture. Pulse, using chopping

blade, until just mixed.

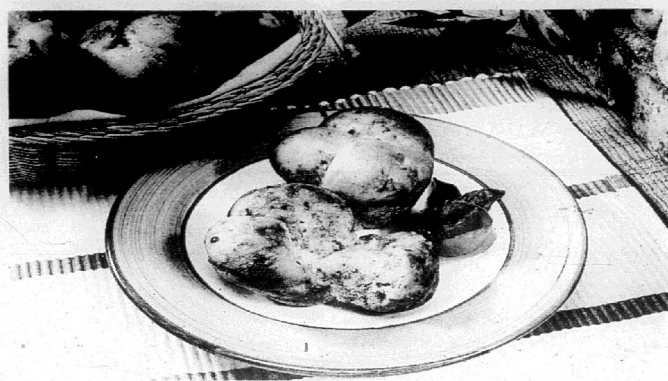
Divide dough into 12 portions. Divide each of portions into 3 pieces for total of 36 rolls. Roll each piece into ball.

Place 3 balls in each muffin cup. Lightly brush dough with melted butter. Let dough rise until doubled.

Preheat oven to 375°. Bake 12 to 15 minutes until golden brown.

Remove from pan. Cool on wire rack.

Makes 12 rolls: 110 calories, 2 g fat, 210 mg sodium, 20 g carbohydrate and 3 g protein each.



Rolls come from the oven the easy way when they start with frozen bread dough.

Black-eyed peas: Lucky to be around cornbread

New Year's Day is a big day in the South. Many people fill it with relaxing fun with family, friends, parades and football. No matter what, according to southern tradition, black-eyed peas must be on the menu to ensure a year's worth of good luck.

The usual way to fix black-eyed peas is to cook up a pot of dried peas with lots of onion and a leftover holiday country ham bone. Folks around South Carolina go one step further and combine the cooked peas with rice to make Hoppin' John. Of course, any good southerner cannot eat black-eyes, or any kind of bean, without cornbread.

An old saying goes that a New Year's Day menu of black-eyed peas for luck and a pot of greens for riches is the surest way to happiness all year long. A skillet of hot Crispy-Bacon Dijon Cornbread is an uptown version of the old-fashioned cracklin' favorite, with crisp bacon filling in for traditional pork cracklings. Using a large skillet makes cornbread extra thin and crisp.

If plans for the day focus on football and snacking

around a television, Border Corncakes with Pea Salsa ensure a day of good eating and a year of good luck. The corncakes, made easily with buttermilk cornbread mix and flavored with cheddar cheese, are dollar-sized, perfect for holding a spoonful of chunky black-eyed pea salsa, made ahead and served at room temperature.

Stir 3 tablespoons reserved drippings into cornbread batter. Blend well. Pour over bacon. Bake in preheated oven 20 to 25 minutes.

Immediately turn out cornbread onto serving plate.

Makes 8 servings. Note: Vegetable oil can be substituted for bacon drippings.

2 cups (8 oz.) shredded sharp cheddar cheese

To make salsa, cook onion and garlic in oil in medium skillet over medium heat about 5 minutes until tender. Stir in 1 can peas. Cook until bubbly.

Using potato masher or fork, mash mixture until thick and chunky. Stir in remaining can of peas and salsa.

Remove from heat. Stir in bell pepper, tomato, cilantro and lemon juice. Season with salt and pepper.

Spoon mixture into serving dish. Garnish with more cilantro, if desired.

To make corncakes, heat lightly greased skillet or griddle to medium heat (350°).

In medium bowl, stir together egg, milk, cornbread mix and cheese until smooth.

Pour batter by heaping tablespoonful onto hot skillet. If batter thickens, add a little more milk. Brown on one side. Turn over and brown other side.

Serve corncakes with salsa.

Makes about 36 small corncakes and 5 cups salsa.

CRISPY BACON DIJON CORNBREAD

- 8 slices bacon
- 1 egg, beaten
- 1 1/2 cups milk
- 1/4 cup Dijon mustard or prepared mustard
- 2 cups self-rising cornmeal mix

Preheat oven to 450°.

In 12-inch cast-iron skillet, cook bacon until crisp.

In medium bowl, combine egg, milk and mustard. Stir in cornmeal mix. Blend well.

Remove bacon from skillet, reserving drippings.

Crumble bacon, then sprinkle evenly in skillet. Add 1

tablespoon drippings.

about 20 minutes until tender.

In large bowl, using electric mixer on low speed, beat

potatoes, 1 can (10 ounces)

diced tomatoes and green

BORDER CORNCACKES WITH SALSA

- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 tsp. vegetable or olive oil
- 2 cans (15 oz. each) black-eyed peas, drained
- 1 cup salsa
- 1 cup chopped bell pepper
- 2 medium tomatoes, seeded, chopped
- 3 tbsp. chopped fresh cilantro
- 2 tsp. lemon juice
- Salt and pepper to taste
- 1 egg, beaten
- 1 1/2 cups milk
- 2 pkg. (6 oz. each) cornbread mix

chiles, and 1 carton (8 ounces) light sour cream until smooth.

Spoon potatoes into 2-quart baking dish. Bake in preheated 350° oven 25 minutes.

Sprinkle with 1/2 cup (2 ounces) shredded cheddar cheese. Bake 5 minutes longer or until cheese melts.

Makes seven (1-cup) servings.



Good times and good eatin' are the legacy of black-eyed peas for the new year.

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You asked...so we delivered.

At Memorial Maternity Center, we strive to meet your needs. We asked our patients what was important to them.

As a result, we've added some childbirth education classes as well as changed some existing ones to meet your needs. Our childbirth education classes will help you prepare for a birth experience that will meet your expectations!

Prepared Childbirth Class

This class provides eight hours of in-depth preparation for labor and birth, including breathing and relaxation exercises. Options for you and your baby's care at Memorial Maternity Center will be shared to help make your birth a personalized and positive experience. Participants are encouraged to register before the fifth month of pregnancy and attendance is limited to those delivering at Memorial. There is a \$25 per couple fee. Call 257-5855 for class dates and times.

Childbirth Refresher Class

The Childbirth Refresher Class is designed to give experienced parents updated information about the latest trends in labor, delivery and newborn care. Limited to those who will deliver at Memorial, this class is held from 7 to 9 p.m. on the first Monday of the month. \$5 per couple fee. For more information, call 257-5855.

Vaginal Birth After Cesarean (VBAC) Class

This class addresses questions about vaginal births after cesarean (VBAC) and why VBAC's can be safer than repeat cesarean deliveries for both mother and baby. You also will learn how to maximize your chances of having a vaginal birth. Class meets 7-9 p.m. on the fourth Tuesday of the month. It is free to those attending Prepared Childbirth or Refresher Classes (we strongly recommend attending these as well) or \$5 fee per couple if not taking these classes. Call 257-5855 to register.

Baby Care and Parenting Classes

This two-session program teaches you how to care for, play with and protect your infant from birth to age 12 months. Topics presented include: newborn care, infant feeding, baby bathing, when to call the

doctor, home and toy safety, returning to work, finding a good babysitter and traveling with baby. Held from 7 to 9 p.m. on the third and fourth Wednesday of every month, this class has a \$5 per couple fee. Call 257-5855 to register.

Sibling Class

Memorial Maternity Center offers a Sibling Class to make it easier for big brothers and sisters to prepare for and accept a new baby. This class is designed for children ages 3 through 12 and meets from 7 to 8:30 p.m. on the first Monday of each month. Limited to children whose sibling will be born at Memorial Maternity Center. \$2 per child fee. Class size is limited and reservations are requested. Call 257-5855.

New Family Night

Once you have a baby, take time for an informal evening out. Meet with other new parents and a registered nurse to discuss

parenting concerns and have questions answered. Held 7-8:30 p.m. on the first Monday of the month. Infants welcome; \$5 per couple. Call 257-5855 to register.

Prenatal Breastfeeding Class

This class is designed to provide vital information to those who are considering breastfeeding their baby. The class meets from 7 to 9 p.m. on the second Wednesday of every month. This class has a \$5 fee per couple. Both parents are encouraged to attend. For more information, call 257-5855.

Breastfeeding Help for New Mothers

This service addresses concerns you may have about breastfeeding after you are discharged from the hospital. Information and support will be provided for those crucial early days and weeks of nursing a newborn. There is no fee for this service. Call 257-5855 to talk with a nurse or to arrange a help session.



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Today's Food



Beans, chicken and pineapple develop affinity for Mexican flavors wrapped in tortillas.

Wrap up Mexican flair with spicy chicken fajitas

Fajitas are becoming the pizza of Mexican food. They are a year-round favorite. Their sizzle is a warming attribute in winter. Chicken and Black Bean Fajitas are a tempting mélange of color and flavor. They feature the tang of fresh pineapple with savory strips of browned chicken breast, bright red peppers and black beans. At the end of the cooking time, stir in a favorite salsa as hot or as tame as desired.

Just cook all the ingredients together in one big skillet, then assemble the fajitas. Tortillas make a perfect wrap. Slightly warm, they mold around the tasty ingredients. Add fresh pineapple and orange wedges, lime for squeezing

over the fajita filling, and it's time to eat.

Jack cheese

In large nonstick skillet, cook and stir chicken in hot oil over medium-high heat until browned. Add bell pepper. Cook and stir until chicken is no longer pink.

Stir in beans and pineapple. Cook until heated through. Remove from heat. Stir in salsa.

Spoon pineapple filling onto tortillas. Sprinkle with cheese and fold up sides. Serve with fresh lime wedge, if desired. Garnish with fresh pineapple wedges and orange slices, if desired.

Makes 8 servings: 431 calories, 22 g fat, 41 mg cholesterol, 886 mg sodium, 56 g carbohydrate and 22 g protein each.

CHICKEN AND BLACK BEAN FAJITAS

- 3/4 lb. boneless, skinless chicken breast halves, cut in thin strips
- 1 tsp. oil
- 1 medium red or green bell pepper, cut in thin strips
- 1 can (15 1/2 oz.) black beans, rinsed, drained
- 3 cups fresh pineapple chunks
- 1 cup salsa
- 16 (6 inch) flour tortillas
- 1 cup (4 oz.) shredded cheddar or Monterey

TARRAGON CHICKEN

In large skillet, melt 2 tablespoons butter or margarine. Brown 3 pound boneless chicken breasts, cut in 1-inch chunks, and 1/2 cup

chopped onion until almost done.

Blend in 2 tablespoons flour, 1 teaspoon leaf tarragon and pinch pepper. Gradually stir in 1 can (13 3/4 ounces) chicken-broth. Simmer, covered, 15 minutes.

Cook 12 ounces uncooked

rainbow pasta according to package directions. Drain. Remove pasta from heat. Blend combined 1/4 cup plain yogurt and 1/4 cup sour cream into chicken mixture. Toss with pasta just before serving.

Makes about 6 servings.

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SURGEON GENERAL WARNING: Cigarette Smoking Causes Lung Cancer and Complicates Pregnancy.

Today's Food

Wise Ways

By JANANNE FINCK

Folic acid: 1998 gift for healthy, new life

Folic acid: The words blare on television commercials and in bold print from magazines.

Why all the hype? The U.S. Food and Drug Administration approved the fortification of enriched grain products with folic acid, beginning Jan. 1, because research has found folate can reduce the risk of some birth defects.

Folate is not a new nutrient. This B vitamin first was identified as an essential nutrient in 1946. It helps produce DNA and RNA, the cell's master plan for cell division and tissue growth. In addition, it assists the body in forming red blood cells. Both folate and B12 deficiency result in megaloblastic anemia. To date, both are believed to be due to impaired DNA synthesis in red blood cells.

The name is derived from

the Latin term for leaf, "folium." Folate is the generic term for many different chemical forms of the vitamin. Polacin is the older name used when history books ended with the Eisenhower administration. Today, "folate" is the natural form found in foods, while "folic acid" is manufactured for vitamin pills.

Folate is needed before and during the first weeks of pregnancy. This helps reduce the risk of serious and common birth defects called neural tube defects (NTDs), which occur in about one of every thousand pregnancies each year in the U.S. The two major NTDs reduced by adequate folate are anencephaly and spina bifida, birth defects of the brain or spinal cord.

Since 1992 the U.S. Public Health Service has recommended all women of child-

bearing age capable of becoming or who are pregnant consume 0.4 milligrams of folate daily.

Jananne Finck

RED BEANS AND RICE

1/2 cup chopped onion
1/2 cup chopped celery
1 clove garlic
2 tbsp. margarine
1 can (16 oz.) kidney beans
2 cups cooked rice
1 tsp. chopped parsley
1/4 tsp. salt
1/8 tsp. pepper

Cook onion, celery and garlic in margarine until tender. Remove garlic.

Micro Raves

By SANDRA HOUNSOM

New microwave proves a bargain for kitchen

Only a few years ago, if Ms. Consumer wanted a microwave oven with 1,000 watts of power, she would pay \$1,000 or more. Technology and increased sales brought down the price. With the same amount of money she can buy a second unit for the family room, as well as one for both her children at college.

A shopper at a major department store looking for a new microwave makes interesting discoveries about today's ovens.

A novice microwave user may need time to adjust. There are many buttons to push, with many choices on the buttons of these full-size units. Smaller, lower-wattage units also are available, but they are slower to use with only a minimum of control.

The type of food being

cooked — including frozen vegetables, frozen meat, potatoes, fresh vegetables, soup or beverage — is programmed into the unit. There are specific buttons for pizza, popcorn, rolls or muffins. Some models can be programmed to cook up to three slices of pizza or several muffins, rather than doing only one at a time.

Free-standing or counter models, whose interiors range from 1.0 to 1.5 cubic feet, generally cost more than countertop models. Some come with turntables and/or shelves. Above-the-stove models usually have extras, like a worklight, nightlight and an exhaust fan due to its position over a conventional stove.

Prices range from less than \$200 for a well-equipped model to almost \$450 for a combination

microwave-convection oven with broiler unit.

For a person who loves to cook, a model with the convection/broiler feature offers diversity. I have had a convection/microwave/broiler unit for several years. The versatility means I can use the microwave for easy, quick cooking on a daily basis, plus have the convenience of a second oven when the convection oven can be used for a large meal.

A convection oven is similar to a conventional oven, but a fan runs constantly, circulating the hot air in the oven. It is faster than a conventional oven, but not as fast as a microwave. Used in combination, the cook achieves quick, browned baked goods.

Normally, a meringue pie cannot be baked in a microwave, because it needs high heat to cook it properly. In this recipe, from the book (Cy DeCasse, Inc., 1990) which came with my microwave, a Sharp carousel convection microwave, the pie starts to bake with the microwave feature, but finishes on the convection cycle.

Home economist Sandra Hounsom specializes in microwave cooking.

CHOCOLATE MERINGUE PIE

3/4 cup sugar
2 tbsp. cornstarch
2 cups milk
2 squares (1 oz. each) unsweetened chocolate
3 eggs, separated
2 tbsp. margarine or butter
1 tsp. grated orange peel
1 (9 inch) pastry shell, baked
1/2 tsp. cream of tartar
6 tbsp. sugar

In medium bowl, mix sugar and cornstarch. Stir in milk. Add chocolate squares. Microwave on high power 6 to 8 minutes until smooth and thick, stirring after 3 minutes.

Stir small amount of chocolate mixture into egg yolks. Return to hot chocolate mixture, blending well. Microwave on medium-high (70 percent) power 3 minutes, stirring once. Stir in margarine and orange peel until margarine is melted. Pour into pie shell. Set aside.

Preheat convection oven to 425°.

Beat egg whites and cream of tartar until foamy. Beat in sugar, 1 tablespoon at a time. Continue beating until stiff and glossy.

Spoon meringue onto chocolate filling. Spread over filling, carefully sealing meringue to edge of crust. Bake in preheated oven 8 to 10 minutes until meringue is brown.

Makes 8 servings; 349 calories, 17 g fat, 6 g protein, 108 mg cholesterol, 45 g carbohydrate and 228 mg sodium each.



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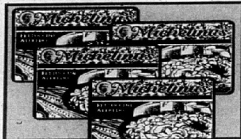
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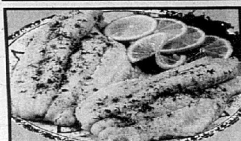
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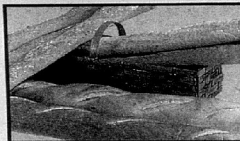
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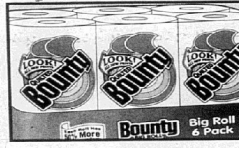
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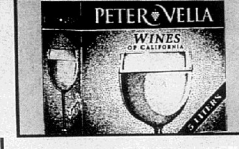
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Old
Milwaukee.....**697**
24/12-OZ. CANS

Jack
Daniels.....**1199**
750-ML. BTL.

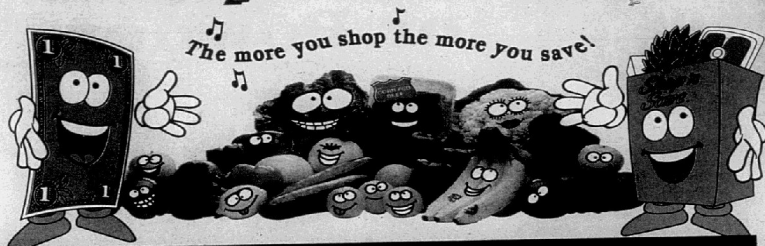
REGULAR OR BEEF
Healthy Choice
Franks
2/\$4
14-OZ. PKG.

Healthy Choice
Deli Thin
Lunchmeat
3/\$5
6-OZ. PKG.

Healthy Choice
Smoked Sausage
2/\$4
14-OZ. PKG.

HEAT & SERVE, BREAKFAST
Healthy Choice
Sausage Links
179
6.4-OZ. PKG.

Shop 'n Save®



STRETCH Your Dollar

WITH TOTAL VALUE FROM SHOP 'N SAVE



USDA CHOICE CORN FED BEEF
**Boneless Bottom
Round Roast**

139
lb.

LIMIT 3, SOLD AS ROASTS ONLY



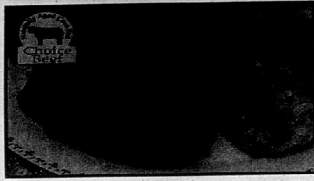
ALL NATURAL, FRESH, HUDSON
**Fresh Chicken
Leg Quarters**

39¢
lb.
LIMIT 3 PACKAGES

ASSORTED VARIETIES
R.B. Rice
Pork Sausage... **2/\$4**
1-LB. ROLL

Jennie-O
Ground Turkey... **89¢**
1-LB. ROLL

CHUNK
Kahn's
Braunschweiger... **119**
1-LB. PIECE



USDA CHOICE CORN FED BEEF
**Eye of
Round Steak**

259
lb.
FAMILY PACK

ALL MEAT
Hunter
Hot Dogs..... **79¢**
12-OZ. PKG.

R.B. Rice
Chili..... **2/\$5**
1-LB. ROLL

HILSHIRE FARM
Little Cocktail
Smokies..... **2/\$5**
1-LB. PKG.



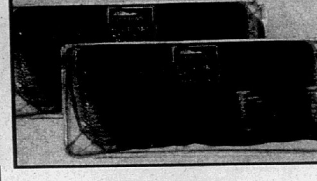
**Boneless Sirloin
Pork Chops**

199
lb.
FAMILY PACK

ASSORTED VARIETIES
Farmland
Lunchmeat... **99¢**
12-OZ. PKG.

STICKS OR FILLETS
Van De Kamp
Value Pack Fish **299**
22-26 OZ. PKG.

Family Pack
Pork Cutlets..... **199**
lb.



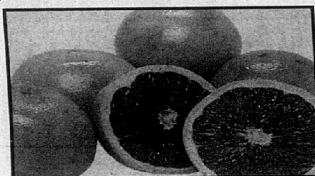
SLICED
**Farmland
Bacon**

179
1-LB. PKG.

JUMBO
Farmland
Deli Franks **99¢**
1-LB. PKG.

HUDSON, ALL NATURAL
Boneless Chicken **239**
Breast Tenders.. lb.

Hunter
Smoked Sausage **119**
14-OZ. PKG.



48-COUNT SIZE
**Florida Red
Grapefruit**

5/.98

WASHINGTON STATE
113 COUNT SIZE
Red or Golden
Delicious Apples **78¢**
lb.

CALIFORNIA
Navel
Oranges..... **178**
4-LB. BAG

WHITE OR YELLOW
Florida
Corn..... **128**
5-PACK

Dole Special
Salad Blends... **188**
6-OZ. PKG.



**Northwest
Anjou Pears**

58¢
lb.

Sunfresh Pink
Grapefruit..... **2/\$5**
26-OZ. JAR

Ocean Spray
Craisins..... **188**
6-OZ. PKG.



FRESH 1
**Peeled
Baby Carrots**

98¢
1-LB. BAG

Audubon Park
Wild Birdseed... **288**
10-LB. BAG

U.S. NO. 1
Russet Baker
Potatoes..... **38¢**
lb.

Try These
Variety Packs
AVAILABLE AT ALL STORES

Quattro	98¢
Hot Choy	228
FRESH Choy Sum	228
RAW WHITE Bean Sprouts	68¢ lb.
MELISSA Fresh Herbs	198
MELISSA Semolina	278

fruits & vegetables

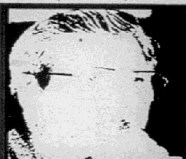
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* WE RESERVE THE RIGHT TO LIMIT * NO SALES TO DEALERS



**TOTAL
VALUE**

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1998 FORD ESCORT

4 Door



- 4 Cylinder
- Air Conditioning
- 5 Speed
- Rear Window Defogger

\$10,529

After All Rebates

1998 FORD F-150

Pickup XL Trim



- 6 Cyl. 5-Speed • 3.55 Reg. Axle • 139" Wheel Base • A/C

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After All Rebates

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4 Door



- 6 Cylinder
- Air Conditioning
- Power Steering
- Power Brakes

\$14,329

After All Rebates

1997 FORD RANGER

Pickup XL Trim



- 108" Wheel Base
- 3.45 Reg. Axle
- Power Steering
- Full Vinyl Back Seats

\$8,728

After All Rebates

 #70351A 94 Tempo 2Dr. Spt. AC, Alum. Wheels, 67,000 Miles \$5,995	 #216330 94 Ranger 4x4 Spt. AC, Alum. Wheels, 17,000 Miles \$12,495	 #62706A 95 T-Bird Loaded, 17,000 Miles \$12,995	 #30657A 97 Explorer 4D, 131,144 Loaded Maroon \$25,995	 #32977A 97E-150 Club Wgn Good Capt. Cloth, Loaded Maroon & AC \$22,995	
 #70830A 95 Explorer 4D, 65,000 Miles, Loaded, 20,000 Miles Save Thousands	 #70193A 95 Explorer 4x4 4D, 14,000 Miles, 17,000 Miles \$19,495	 #70348A 95 Windstar Spt. AC, Alum. Wheels, 17,000 Miles \$14,995	 #70898 89 F350 Crew Cab 460, 90,000 Miles, 69,000 Miles \$9,995	 #21053A 95 Buick Century 4Dr 72,000 Miles, Loaded Maroon & AC \$9,995	
 #20886A 92 Grand Am 2Dr Spt. AC \$7,995	 #70555B 94 Ranger Supercab Spt. AC, Alum. Wheels, 17,000 Miles \$12,495	 #62899A 95 Ranger XLT Spt. AC, Alum. Wheels, 17,000 Miles \$7,995	 #70731A 95 Bronco Spt. AC, Alum. Wheels, 17,000 Miles \$21,995	 #70818A 95 F-150 4x4 Supercab Eddie Bauer, 302,198 Miles, CD, 30,000 Miles \$21,995	
 #70358A 96 F-150 4x4 Shortbed 4D, 100,000 Miles, 17,000 Miles \$19,495	 #20414 94 F-150 Oage Conv. Van Loaded, 17,000 Miles Only \$12,495	 #2531A 96 Honda Civic 4Dr. Loaded, 17,000 Miles Only \$11,995	 #39605A 96 Mustang GT Spt. AC, Alum. Wheels, 17,000 Miles Save Thousands	 #73491A 95 Monte Carlo 41,000 Miles, Loaded, Double Cloth Only \$12,495	
 #21344A 97 Geo Tracker #2939g 97 Windstar GL #21332D 97 Ranger XLT #79510 97 Ranger #70261A 97 F-150 Supercab #70555A 97 F-150 #70708A 97 Mustang Cobra #70378 97 Contour GL #70188A 97 Dodge Avenger #62878A 97 Malibu 4 Dr. #70890A 96 Camry	Only 11,500 Miles Only 18,000 Miles Only 12,000 Miles Only 4,000 Miles 26,000 Miles 26,000 Miles Only 20,000 Miles Only 20,000 Miles Only 20,000 Miles 6,500 Miles 6,000 Miles! Save!	 #30518A 96 Saturn SL #62716A 96 Mazda Protege #70877A 96 Honda Civic #63054A 95 Windstar GL #62757 96 Mustang #30121A 95 Probe #70385A 96 Ranger #23500A 96 T-Bird #70364D 96 Taurus #70547A 96 Taurus	32,000 Miles Real Clean 24,000 Miles 27,000 Miles 37,000 Miles 35,000 Miles Only 16,000 Miles Only 26,000 Miles 28,000 Miles 44,000 Miles	 #62077A 96 Bronco XLT #97357S 96 Bronco Eddie Bauer #70695 96 Explorer 2 Dr. #97344D 96 Explorer 2 Dr. #97032A 95 Windstar #21581B 95 Custom Conv. Vans #21314A 95 Olds Outlast #62248B 95 Saturn SL1 4Dr.	47,000 Miles 47,000 Miles 14,000 Miles 40,000 Miles 37,000 Miles Only 30,000 Miles 37,000 Miles 68,000 Miles 43,000 Miles

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DAVE SAYS, "I'll Sell The Car Cheap, So You Make The Payment Next Month, Not Me!!"

1998 Mystique

Low Mileage Lease

Lease For "199" 24 Mos.
Includes all Rebates and
College \$2,098.50 total
down, cash or trade, plus
tax \$11,117 Lease-end
value, 12,000 miles per year.



\$14,995

OR BUY!

1997 Cougar

Delivered - 2 Available Hurry! While supplies last. Limit number
available equipped with Cast Aluminum Wheels, Speed Control,
Power Door Locks, Rear Window Defroster.



Starting At **\$14,997**

Delivered After All Rebates

1997 Sable

Last Two Remaining



- Power Windows
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\$16,900

After All Rebates

1997 Grand Marquis

BRAND NEW!!



- Fully Loaded
- V-8 Engine
- Speed Control
- Power Locks & More!

\$18,995

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1998 Sable

NEW LEASE

\$295⁰⁰ / 24 Months Plus Tax

Includes all rebates and college. \$2,774.00 total
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End Value 12,000 miles per year.

1998 Grand Marquis

New Low Mileage Lease

\$299⁰⁰ / 24 Months Plus Tax

Includes all rebates and college. \$2,548.50 total
down, cash or trade, plus tax. \$14,46 Lease
End Value 12,000 miles per year.

1998 Ford Escort Auto, Alum. Wheels, 17,000 Miles Is \$4,995	95 Mazda Protege LX Loaded, 17,000 Miles Is \$9,995	1996 Ford Windstar Spt. AC, Alum. Wheels, 17,000 Miles Is \$14,750	1993 Aero EXT. XLT Was \$17,995 Is \$9,850
97 Sebring JXI Convertible Loaded, 17,000 Miles Is \$19,995	95 Mustang GT Convertible Loaded, 17,000 Miles Only \$15,995	94-96 Cougars Loaded, 17,000 Miles Is \$8,995	93 Grand Voyager Spt. AC, Alum. Wheels, 17,000 Miles Is \$9,450
1997 Taurus GL Loaded, New Car Van, Was \$15,995 Is \$12,995	1997 Contour GL Loaded, Was \$12,995 Is \$9,995	93 Pontiac Grand Prix Coupe Loaded, 17,000 Miles Is \$7,995	1996 Contour GL Loaded, 17,000 Miles Is \$8,995
95 Chevy Tahoe 4 Dr. LT.....\$24,995	92 Explorer 2Dr., 5 Spd, 4x4.....\$8,995	97 Chevy Lumina 4dr 5,xxx Miles.....\$12,995	92 Olds Delta 88 LS Low Miles.....\$8,995
94 Mercury Sable LS Wagon.....\$10,995	97 Mercury Sable GS.....\$13,995	95 Ranger XLT V6 Auto.....\$10,995	95 Buick Skylark 6 Cyl.....\$8,995
95 Aerostar XLT.....\$10,995	92 Taurus GL Loaded.....\$7,995	96 Mazda B4000 4x4 4.0.....\$18,995	93 Caravan, Blue.....\$7,995
96 Windstar.....\$14,750	95 Ford Crown Victoria.....\$10,995	96 Explorer XLT Blue.....\$20,445	95 Villagers GS & LS 8 to choose starting at.....\$12,995
95 Contour Power Windows/Lock.....\$10,450	93 Aerostar Extended XLT.....\$9,850	95 Contour GL.....\$8,995	95 Villager GS.....\$12,995
97 Taurus GL.....\$12,995	97 Taurus GL.....\$12,995	95 Villager LS.....\$14,495	96 Suburban SLT 4x4.....\$27,775
93 Plymouth Grand Voyager SE.....\$9,450	94 Explorer Limited.....\$15,995	95 Lincoln Town Car.....\$19,995	96 Mercury Cougar XRT V-8.....\$12,995



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0.98% APR Financing on all NEW 1998 BUICKS!
NO PAYMENTS FOR 98 DAYS!
Limited Time Offer! Subject to GMAC Approval
Must Take Delivery by Jan. 5, 1998

NEW 1998 Century

NEW 1998 Regal



- Power Windows
- Remote Keyless Entry
- Cruise Control
- Electric Defogger
- Tilt Wheel
- Much Much More!

\$17,975

Several Available At This Price



- Power Windows
- Tilt Wheel
- Cruise Control
- Remote Keyless Entry
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- Traction Control

\$19,995

Several Available At This Price

NEW '97 Riviera

STK# 87675



• Moonroof, Leather Int.

\$26,888 AFTER REBATES

Several Available At This Price

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Several Available At This Price

'97 Park Avenue Demo

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\$24,480 AFTER REBATES

MUST TAKE DELIVERY BEFORE JAN. 5, 1998 ON ALL REMAINING 1997 BUICKS!

1998 Jimmy 4 Dr. SLS

4 Wheel Drive with dual air bags, side door beams, daytime running lights,
VORTEC 4300 V-6 Engine, Air Conditioning, Cruise, Tilt, & more.

\$2,999⁰⁰* per month

Now Only



1998 Sierra Ext. Cab

Automatic, Air Conditioning, Tilt, Cruise, V8 Engine, 4WD

\$279⁰⁰* per month



1998 Safari/8 Pass. Van

Dual Air Bags, anti-lock brakes, side door beams, VORTEC 4300 V6
Engine, daytime running lights, air conditioning, cruise, tilt & more.

\$19,995 After Factory Rebate



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Interstate 21	BUICK GMC TRUCK	Interstate 55	LINCOLN MERCURY	LINDBERGH	FORD
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20 LINCOLN

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1997 T

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Work Phone

Employer

Address

Phone

Salary

Signature

To certify that the
your credit & emp

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It's A

199

CFC Free A/C

CD, Auto Oil

Split fold down

2 liter double

16 valve

136 month closed end

1997

18 Valve V6 Engi

Speed, Super Mo

Rockers, Grill

Power Windows

Locks, Cruise, 18

CD Player, 8 Spe

Field Third Seal an

Pre-C

93 CAMRY XLE

Loaded, Super Mo

97 CADILLAC

5 to Choose from

95 TRACER

Auto, A/C, P.V.R.

94 BACOD 4x4 C

Auto, A/C, P.V.R.

91 MITSUBISHI

136, AC (Conditione

95 MILLER NA

136, Miles, Inter

97 OLDS CUTLAS

2 to Choose from

94 CIVIC LX

5 Spd, Air, Servo

93 MAZDA 426

V6, Sunroof, Leather

96 BUCOD SE CAB

Loaded, Super Mo

Service

Bon

of St

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Granite City Journal

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Mon.-Fri. 8am-5pm Call 344-0264, 877-7700 or 281-7691

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There are four easy ways to place your ad:

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Phone lines are open from 8am-5pm Monday-Friday or call 1-800-766-FAST

5pm-8:30pm Mon.-Thurs. 8am-1pm Sat.

FAST IT! Send your ads directly to our Classified Fax Center at (618) 344-3611. We'll call you back for confirmation.

MAIL IT! Send your ads to: Classified, Collinsville Journal, 111 E. Clay Street, Collinsville, IL 62234.

PAY FOR AN AD

You will be billed immediately following last run day. You may pay in person, through the mail, or by phone.

We accept cash, checks and credit cards (MC/Visa).

When paying over the phone, please have your credit card ready. When faxing your ad, just include your credit card number. We'll call you back for confirmation. Please do not send cash through the mail. Some ads require prepayment.

WRITE AN AD

Capture the reader's attention with larger headlines, bold type, and symbols.

Tell them up front what you're selling or seeking. Describe what is unique about your item, adding details such as color and condition. Avoid abbreviations; they make your ad harder to read and therefore less effective. Include your phone number and the hours you're available. Always include the price; it will increase your response.

CANCEL AN AD

Deadlines for ad cancellation are identical to deadlines for ad placement. You may cancel at any time, person or over the phone, to cancel an ad, phone (618) 344-3611.



EMPLOYMENT

210



NOTICES

400



SERVICES

700



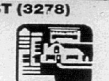
MERCHANDISE

1700



REAL ESTATE

2100



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<p>Transportation</p> <p>150 Auto Accessories 151 Auto Accessories 152 Auto Accessories 153 Auto Accessories 154 Auto Accessories 155 Auto Accessories 156 Auto Accessories 157 Auto Accessories 158 Auto Accessories 159 Auto Accessories 160 Auto Accessories 161 Auto Accessories 162 Auto Accessories 163 Auto Accessories 164 Auto Accessories 165 Auto Accessories 166 Auto Accessories 167 Auto Accessories 168 Auto Accessories 169 Auto Accessories 170 Auto Accessories 171 Auto Accessories 172 Auto Accessories 173 Auto Accessories 174 Auto Accessories 175 Auto Accessories 176 Auto Accessories 177 Auto Accessories 178 Auto Accessories 179 Auto Accessories 180 Auto Accessories 181 Auto Accessories 182 Auto Accessories 183 Auto Accessories 184 Auto Accessories 185 Auto Accessories 186 Auto Accessories 187 Auto Accessories 188 Auto Accessories 189 Auto Accessories 190 Auto Accessories 191 Auto Accessories 192 Auto Accessories 193 Auto Accessories 194 Auto Accessories 195 Auto Accessories 196 Auto 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